



CLUB LIFE



CLUB HIGHLIGHTS

PILATES IS BACK

Book a private Pilates session with instructor Molly Knowles. You can schedule your session today by emailing Michael.bonella@bayclubs.com.

SWIM TEAM AT BAY CLUB SAN FRANCISCO

Tuesdays and Thursdays | Sessions begin Tuesday, August 2
Swim Team sessions for August are now LIVE on Bay Club Connect. Secure a spot for your kiddos today.

ROOFTOP CORNHOLE

Saturdays | 12:00 pm-2:00 pm
Kick off the afternoon (and bring a guest!) with a competitive cornhole game upstairs on the Rooftop.

A TOAST TO THE END OF SUMMER

Summer is winding down, but there's still time to make unforgettable memories with your favorite people before the new school year begins. Get some sun at the Club and enjoy poolside fun for the whole family, or check out our end-of-summer family-friendly events.

WE'RE GROWING OUR TEAM!

Interested in a career that's fun and rewarding? Join the Bay Club crew. Scan the QR code to learn more.





SIP AND SHOP

Thursday, August 4 and 25 | 5:00 pm-8:00 pm

Enjoy complimentary beverages and retail specials at The Shop.



FREE GUEST FRIDAY

August 5 | All Day

Invite your friends to the Bay Club for fitness and fun on the first Friday of every month.



PAINTING AND PINOT

Friday, August 26 | 5:00 pm-7:00 pm

Grab a glass of wine while creating your own masterpiece on the Rooftop. Paint, supplies, and wine will be provided. Guests are welcome. Register on Bay Club Connect.



TRUNK SHOW AT THE SHOP

Wednesday, August 31 | 5:00 pm-8:00 pm

Visit The Shop to meet a new local vendor.

INTERESTED IN THE CONVENIENCE OF YOUR OWN PERSONAL LOCKER?

For information on half and executive lockers at the Club, please contact nate.briones@bayclubs.com.



POWER LIFTING CLINICS WITH DESSERT-RAE

Monday, August 8 and August 22 | 4:00 pm

Discover the basic technical elements of power lifting in this 50-minute clinic, which includes an overview of general strength, hypertrophy, and power training. Sign up on Bay Club Connect.



LUNCH HOUR YOGA AT BAY CLUB FINANCIAL DISTRICT

Wednesdays and Thursdays | 12:00 pm

Join Emma Beck for lunch hour yoga. With more than a decade of experience practicing yoga, Emma can't wait to meet you on the mat. Learn more at emmashoshanna.com and on Instagram at [@doyogawithemma](https://www.instagram.com/doyogawithemma). And sign up on Bay Club Connect.



SQUASH ROUND ROBIN

Fridays | 5:15 pm-8:00 pm

All levels are invited to drop in for round robin play on all courts. No reservations are needed.



HARD CORE YOGA & DETOX YOGA

Sundays | 9:00 am and 11:00 am

Get ready for the coming week with Molly Stene by connecting to your body's strength and ability. No matter your injuries, age, or fitness level, come transform and uplift your health with yoga. Sign up on Bay Club Connect.

FITNESS ASSESSMENT AND NUTRITION COUNSELING

Get 10 personal training sessions, a fitness assessment, and one 20-minute nutrition consultation. The price is \$1,100 for Ultimate Level and \$1,350 for Coach Level. You can schedule your session today by emailing Michael.bonella@bayclubs.com.



CALENDAR OF EVENTS



CLUB HOURS OF OPERATIONS

Monday through Thursday: 5:00 am-10:00 pm

Friday: 5:00 am-9:00 pm

Saturday and Sunday: 7:00 am-7:00 pm

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Forever Fit 10:30 am MAX 4 5:00 pm Barre Strong 7:00 pm	2 Bollyburn 1:15 pm MAX 4 5:30 pm FIIGHT 6:00 pm	3 BOSU Bootcamp 7:00 am Forever Fit 10:30 am MAX 4 7:10 pm	4 IGNITE - Lower Body 7:15 am FIIGHT 6:00 pm Sip and Shop 5:00 pm-8:00 pm	5 Free Guest Friday All Day Forever Fit 9:30 am Squash Round Robin 5:15 pm-8:00 pm	6 Ballet Fusion 10:00 am Shake Sample Saturday 11:00 am-1:00 pm Rooftop Cornhole 12:00 pm-2:00 pm
7 Hardcore Yoga 9:00 am Detox Yoga 11:00 am	8 Forever Fit 10:30 am Power Lifting Clinic 4:00 pm	9 Bollyburn 1:15 pm MAX 4 5:30 pm FIIGHT 6:00 pm	10 BOSU Bootcamp 7:00 am Forever Fit 10:30 am MAX 4 7:10 pm	11 IGNITE - Upper Body 6:15 am IGNITE - Lower Body 7:15 am FIIGHT 6:00 pm	12 MAX 4 7:30am Forever Fit 9:30 am Squash Round Robin 5:15 pm-8:00 pm	13 Ballet Fusion 10:00 am Shake Sample Saturday 11:00 am-1:00 pm Rooftop Cornhole 12:00 pm-2:00 pm
14 Hardcore Yoga 9:00 am Detox Yoga 11:00 am 3 on 3 Basketball Session 1 1:00 pm-3:00 pm	15 Forever Fit 10:30 am MAX 4 5:00 pm Barre Strong 7:00 pm	16 Bollyburn 1:15 pm MAX 4 5:30 pm FIIGHT 6:00 pm	17 BOSU Bootcamp 7:00 am Forever Fit 10:30 am MAX 4 7:10 pm	18 IGNITE - Upper Body 6:15 am IGNITE - Lower Body 7:15 am Member Social 5:00 pm-7:00 pm	19 MAX 4 7:30am Forever Fit 9:30 am Squash Round Robin 5:15 pm-8:00 pm	20 Ballet Fusion 10:00 am Shake Sample Saturday 11:00 am-1:00 pm Rooftop Cornhole 12:00 pm-2:00 pm
21 Hardcore Yoga 9:00 am Detox Yoga 11:00 am	22 Forever Fit 10:30 am Power Lifting Clinic 4:00 pm MAX 4 5:00 pm	23 Bollyburn 1:15 pm MAX 4 5:30 pm FIIGHT 6:00 pm	24 BOSU Bootcamp 7:00 am Forever Fit 10:30 am MAX 4 7:10 pm	25 IGNITE - Lower Body 7:15 am FIIGHT 6:00 pm Sip and Shop 5:00 pm-8:00 pm	26 Forever Fit 9:30 am Painting and Pinot 5:00 pm-7:00 pm Squash Round Robin 5:15 pm-8:00 pm	27 Ballet Fusion 10:00 am Shake Sample Saturday 11:00 am-1:00 pm Rooftop Cornhole 12:00 pm-2:00 pm
28 Hardcore Yoga 9:00 am Detox Yoga 11:00 am 3 on 3 Basketball Session 1 1:00 pm-3:00 pm	29 Forever Fit 10:30 am MAX 4 5:00 pm Barre Strong 7:00 pm	30 Bollyburn 1:15 pm MAX 4 5:30 pm FIIGHT 6:00 pm	31 BOSU Bootcamp 7:00 am Forever Fit 10:30 am Trunk Show 5:00 pm-8:00 pm	1	2	3

Did you know you have two ways to make your monthly membership payments?

- Using a Card on File: Securely store your payment information and manually submit payments.
- Auto-Pay: The Club will have your balance automatically paid from your bank account.

Need to change your payment information? Log in to Bay Club Connect under "Billing". It's easier than ever to stay on top of your billing and make your membership payments before the end of the month!

Activities and classes are subject to change at any time. Check Bay Club Connect for the latest updates, or contact the Front Desk if you have any questions.