



# CLUB LIFE



## CLUB HIGHLIGHTS

### CUPPING THERAPY NOW AVAILABLE AT R SPA

Cupping therapy uses suction cups to stimulate your skin and muscles, promoting increased blood circulation, improved flexibility, and enhanced range of motion. For more information, contact R Spa at (925) 942-6379.

### YOUTH SPORTS PERFORMANCE

Our Youth Sports Performance program takes your child's game to the next level and beyond! Please contact [Fernando.Morales@bayclubs.com](mailto:Fernando.Morales@bayclubs.com) or [Joey.Levine@bayclubs.com](mailto:Joey.Levine@bayclubs.com) to sign up.

### CELEBRATE WELLNESS MONTH AT R SPA

Monday, August 1 through Wednesday, August 31  
Come unwind and pamper yourself with our curated menu that includes custom massages, professional beauty services, and anti-aging treatments. New Member Special: Receive 15% off your first massage or skincare service.

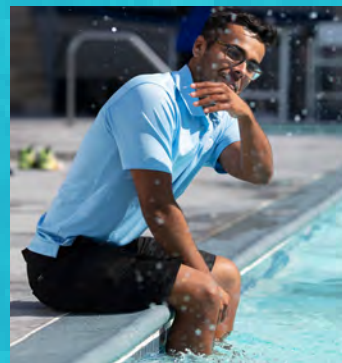
\*Restrictions may apply.

## 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.





**TROPICAL BODY WRAP**

Monday, August 1 through Wednesday, August 31

INTRODUCTORY OFFER: \$125

Enjoy some relaxation with our tropical inspired enzyme body wrap infused with hydration and gentle exfoliation to leave you feeling refreshed.



**CULINARY NIGHT WITH CHEF TRAVIS**

Thursday, August 11 and August 25 | 5:00 pm-7:00 pm

Join Chef Travis and turn food into art. Have a blast and turn your imagination into reality.



**S'MORE DATE NIGHT**

Friday, August 12 | 5:00 pm-8:00 pm

Spend an evening at the Club while your kids enjoy games, a movie with pizza dinner, and s'mores. Parents must remain onsite. Ages 4-12. Sign up on Bay Club Connect.



**FUN NIGHT**

Saturday, August 27 | 5:00 pm-8:00 pm

Enjoy an evening at the Club while your kids spend time with their friends at Kids' World. Parents must remain onsite. Ages 4-12. Sign up today on Bay Club Connect.

**WOMEN'S FITNESS 101**

Mondays and Thursdays | 9:30 am-10:30 am

Looking for a small group of women to work out with or feel intimidated by the weight room? Take control of your fitness and health. Sign up today by emailing [Sabrina.Hansia@bayclubs.com](mailto:Sabrina.Hansia@bayclubs.com) or [Joey.Levine@bayclubs.com](mailto:Joey.Levine@bayclubs.com).



## MASTERS SWIM

Begins August 4 | Tuesdays and Thursdays  
| 9:00 am | Lap Pool

We are bringing back Masters Swim! Plus, we'll have an 8-week paid Masters Swim program beginning in September. Contact [Joey.Levine@bayclubs.com](mailto:Joey.Levine@bayclubs.com) for more information.



## NEW POP-UP CLASSES

Tuesday, August 2, Friday, August 12, Monday,  
August 15, and Thursday, August 25

Check out our new pop-up classes such as Roll & Release, Vinyasa Yoga, Yoga Flow, Step-Up to Definition, and Fusion Fun. See the full schedule on Bay Club Connect.



## GOLF LESSONS

By Reservations

It's time to play golf! We will hold free 15-minute golf evaluations for members. To schedule your evaluation, email [Bill.Ebersole@bayclubs.com](mailto:Bill.Ebersole@bayclubs.com) or [Joey.Levine@bayclubs.com](mailto:Joey.Levine@bayclubs.com).



## JOINT MOBILITY

Tuesdays and Thursdays | 10:00 am  
Wednesdays | 6:00 pm

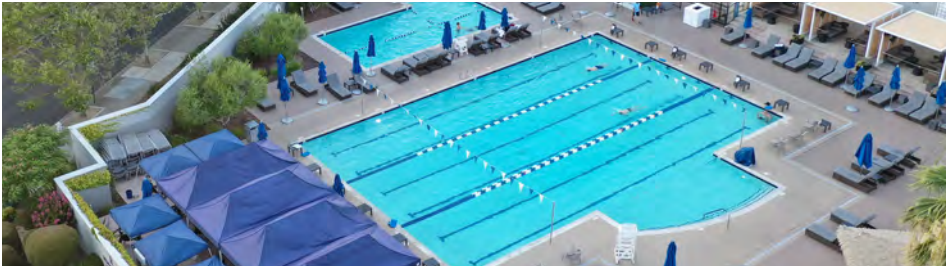
In Joint Mobility, Daniel teaches you to focus on your joints, muscles, and tissues. Sign up today on Bay Club Connect or contact [Daniel.Adler@bayclubs.com](mailto:Daniel.Adler@bayclubs.com).

## PILATES

Pilates is designed to help you create muscle tone and definition while strengthening the abdominal and back muscles. We are currently working on expanding our Pilates schedule. If you have any requests, please email [Joey.Levine@bayclubs.com](mailto:Joey.Levine@bayclubs.com). Sign up for a class on Bay Club Connect.



# CALENDAR OF EVENTS



## CLUB HOURS OF OPERATIONS

**Monday through Friday:** 5:30 am-9:30 pm  
**Saturday and Sunday:** 6:00 am-8:00 pm

AUGUST							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 Pop-up Roll & Release w/ Tiffany Hoover 9:30 am	2 National Ice Cream Sandwich Day 1:00 pm-3:00 pm	3 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	4 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	5 Fun in the Sun: National Water Balloon Day 5:00 pm-7:00 pm	6
	Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	Wing Wednesdays at Citrus Bar & Grill All Day	Date Night at R Spa 2:00 pm-6:00 pm	National Beer & Tequila Day 5:00 pm-8:00 pm	
7 Sunday Fun Day 5:00 pm-7:00 pm	8 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	9 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	10 Wing Wednesdays at Citrus Grill All Day	11 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	12 Pop-Up Vinyasa Yoga 6:30 am	13 Fun in the Sun: Back to School 1:00 pm-3:00 pm	
14	15 Pop-Up Yoga Flow 6:30 am	16 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	17 Wing Wednesdays at Citrus Grill All Day	18 National Relaxation Day at R Spa By reservation	19 Fun in the Sun 5:00 pm-7:00 pm	20 Ice Cream Social 1:00 pm-3:00 pm	
	Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm		Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	Date Night at R Spa 2:00 pm-6:00 pm	Friday Night Jazz 5:00 pm-8:00 pm		
21	22 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	23 R Spa Express Facial Event By reservation	24	25 Pop-Up Step-Up to Definition 10:45 am	26	27 Fun Night 5:00 pm-8:00 pm	
		Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm		Culinary Night with Chef Travis 5:00 pm-7:00 pm			
				Pop-Up Fusion Fun 6:30 pm			
28 Sunday Fun Day 5:00 pm-7:00 pm	29 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	30 Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm	31 Wing Wednesdays at Citrus Bar & Grill All Day	1	2	3	
			Happy Hour at Citrus Bar & Grill 2:00 pm-5:00 pm				

### 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.