



CLUB LIFE



STARS, STRIPES, AND SUNSHINE

We're a month into summertime already, but here at the Bay Club, the fun is only getting started. We've got so much to look forward to this month, including Fourth of July family and fitness events, summer camp, poolside gatherings, and so much more! Enjoy the beautiful weather and all the festivities here at the Bay Club.

CLUB HIGHLIGHTS

BAY CLUB SUMMER CAMP CONTINUES!

Weekdays | 9:00 am-4:00 pm

The kids are having a blast at summer camp at Bay Club El Segundo! Spaces are almost full, so sign up today on Bay Club Connect.

BASKETBALL CLINIC AT EL SEGUNDO

Get ready for varsity basketball with this special 2-week clinic. Starting July 11th. For more information, email: Annie.Batista@bayclubs.com.

NEW SANTA MONICA CLASSES IN JULY!

Don't miss our exciting new class lineup! Check out the new offerings and sign up on Bay Club Connect.



WE'RE HIRING!
There's still time to join our crew! Find a rewarding career at the Bay Club.



Scan the QR code to learn more.



TACO TUESDAY AT REDONDO BEACH

Tuesday, July 19 | 5:00 pm-7:00 pm

Come and treat yourself to a fitness class on Taco Tuesday as the delicious El Comal De Mexico visits Bay Club Redondo Beach.



CHAIR MESSAGES FROM GOOD LIFE PHYSICAL MEDICINE AT EL SEGUNDO

Tuesday, July 19th | 9:00 am-1:00 pm

Drop by for a complimentary 15-minute chair massage to loosen and relieve sore muscles—first come, first served. For details, contact bguyton@goodlife-medical.com.



SUMMER MOVIE SERIES AT BAY CLUB SANTA MONICA

Thursday, July 28 | 7:30 pm

Join us for a fun filled outdoor movie night on the lawn for a showing of the comedy Clueless. Family, friends, and kids are all welcome.



MAIN ST. VENDOR FAIR AT EL SEGUNDO

Saturdays, July 16, 23, and 30

Come support our local vendors at the Main St. Vendor Fair—we have everything from workout clothing to candles, jewelry, and health goodies.

CYCLE & MIMOSAS AT REDONDO BEACH

Saturday, July 9 | 9:15 am-10:05 am

Break a sweat with Courtney. Spin your way to a refreshing mimosa after class!



SATURDAY SHOWCASE - STRENGTH TRAINING WITH KENNON AT EL SEGUNDO

Saturday, July 16 | 9:00 am-10:00 am

Showcase Saturday featuring our Personal Trainer Kennon Pressley for a full 50 mins of strength training. Come join the fun with Live DJ! Sign up on Bay Club Connect.



CARDIO HIP HOP MASTERCLASS WITH TIER AT EL SEGUNDO

Saturday, July 23 | 10:30 am-11:20 am

Come and join us as we welcome back our one and only Tier for a fun Hip Hop Dance Masterclass on our Half Court! Space is limited, reserve your spot on Bay Club Connect.



GLIDE FIT AT REDONDO BEACH

Sunday, July 10 | 2:00 pm-2:50pm

Welcome to yoga in the pool! Glide Fit is a low impact, high intensity workout that assists with weight loss, joint stability, strength, and more..



360 DEGREE TRAINING WITH IRE AT SANTA MONICA

A 6-week small group training program designed to help you get in your ideal shape and keep you there. For more information, contact Rebecca at rebecca.khammar@bayclubs.com.

PICKLEBALL CLINICS AND OPEN PLAY AT EL SEGUNDO

Do you want to learn the hottest leisure sport of the summer? Learn how to play Pickleball with certified Pickleball Pro, Dr. Josh. Sessions will be held on the half court July 10th-July 31st. This will be a fee-based program and spots are limited. For more information contact Mayra Escobar at mayra.escobar@bayclubs.com



CALENDAR OF EVENTS



CLUB HOURS OF OPERATIONS

REDONDO BEACH
Monday through Friday: 5:30 am-9:00 pm
Saturday and Sunday: 7:00 am-7:00 pm

EL SEGUNDO
Monday through Thursday: 5:30 am-10:00 pm
Friday: 5:30 am-9:00 pm
Saturday and Sunday: 7:00 am-7:00 pm

SANTA MONICA
Monday through Thursday: 6:00 am-9:00 pm
Friday: 6:00 am-7:00 pm
Saturday and Sunday: 7:00 am-3:00 pm

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Power Sculpt at Redondo Beach 6:30 am-7:20 am	2
3	4 Clubhouse at El Segundo Closed Core Strength at Redondo Beach 8:00 am-8:50 am		5	6	7 Hot Summer Night Dance Party at Santa Monica 7:00 pm	8 Open Air Ignite at Redondo Beach
9						10 Spin and Mimosas at Redondo Beach 9:15 am-10:05 am National Sugar Cookie Day at Santa Monica All Day
11	12 Glide Fit at Redondo Beach 2:00 pm-2:50 pm	13 Pilates and Roll at Redondo Beach 11:30 am-12:20 pm	14	15 Sports Performance Training at El Segundo Aqua at Redondo Beach 12:30 pm-1:20 pm	16	17 Kickboxing at Redondo Beach 8:00 am-8:50 am Coffee & Donuts at Redondo Beach 9:00 am-11:00 am
18	19 Body Pump Relaunch Celebration at Santa Monica 9:30 am	20 Easy Yoga & Meditation at Redondo Beach 10:30 am-11:20 am	21	22 Complimentary Chair Massages at El Segundo 9:00 am-1:00 pm Taco Tuesday at Redondo Beach 5:00 pm-7:00 pm	23	24 Sports Performance Training at El Segundo Aqua at Redondo Beach 12:30 pm-1:20 pm
25	26 Vinyasa Flow at Redondo Beach 5:30 pm-6:45 pm	27	28	29 Sports Performance Training at El Segundo	30	31 Movie Night: Clueless at Santa Monica 7:30 pm
						32 BodyPump at Redondo Beach 10:30 am-11:20 am

The summer's heating up, and there will be so much more fun on the sun to look forward to next 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.