



CLUB LIFE



CLUB HIGHLIGHTS

LABOR DAY HOURS

Monday, September 5
Bay Club El Segundo: 7:00 am-7:00 pm
Bay Club Redondo Beach: 7:00 am-7:00 pm
Bay Club Santa Monica: 7:00 am-3:00 pm

GLIDEFIT AT REDONDO BEACH

Take your yoga skills to a whole new level at the pool. GlideFit is a fun way to work out while improving coordination, strength, and joint stability. Sign up on Bay Club Connect.

GIRL'S NIGHT OUT AT SANTA MONICA

Tuesday, September 20 | 5:30 pm-7:30 pm
Come to the Club for an exciting night of classes, followed by a wine bar and light bites.

FALL INTO THE SPIRIT OF THE SEASON

Fall has finally arrived—can you believe it? From fitness classes to sporting events and exciting family programs, everyone has something to look forward to at the Club this season. With school back in session, it's a great time to check out our new after-school activities.



WE'RE EXPANDING OUR CREW

Know a high school student who'd like to earn some money for the holidays? We'd love to have them on the team!



Scan the QR Code to learn more or inquire at the Front Desk today.



SURPRISE AND DELIGHT “ICE CREAM SOCIAL” AT BAY CLUB REDONDO BEACH

Saturday, September 10 | 10:00 am-11:00 am

Get ready for the weekend with a workout and delicious complimentary ice cream to celebrate all our valued members!



GOLDEN PUMPKIN HUNT AT BAY CLUB EL SEGUNDO

Thursday, September 22 | All Day

The first day of fall is upon us. Join us on the hunt for the golden pumpkins. If you find one hidden throughout the Club, bring it to the Front Desk for a special surprise.



SUMMER MOVIE SERIES AT BAY CLUB SANTA MONICA

Sunday, September 25 | 7:30 pm

Stop by the Club for a fun-filled outdoor movie night on the Lawn for a showing of Wayne’s World. Family, friends, and kids are all welcome. To RSVP, please email events.bcsm@bayclubs.com.



GIRL’S NIGHT OUT

Tuesday, September 20 | 5:30 pm-7:30 pm

Experience the hottest collaboration of the season. Bootcamp with Megan, cycle with Rose, bodypump with Corinne, followed by a wine bar and light bites.

NEW TRAINER HIGHLIGHT AT BAY CLUB EL SEGUNDO

Darian White, or “D,” has been training for five years. His goal is to inspire confidence in all individuals seeking to improve their lifestyles and overall health. His specialties are strength training, injury prevention/recovery, and creating a positive mindset.



FITNESS SHOWCASE AT BAY CLUB EL SEGUNDO

Saturday, September 17 | 9:00 am

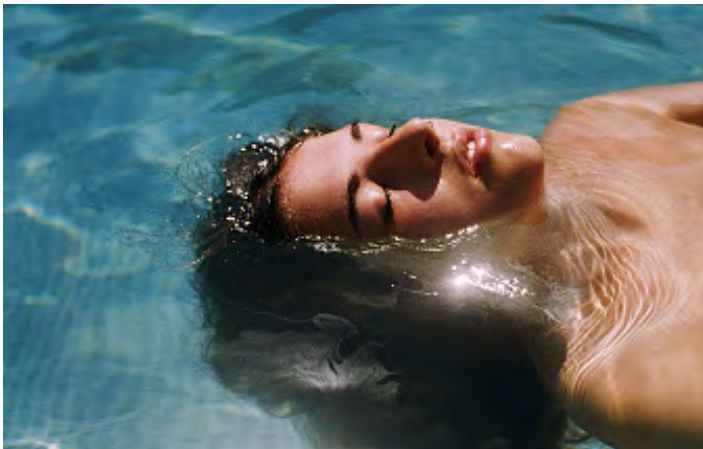
Join us for a live DJ fitness showcase led by one of our talented personal trainers. Sign up on Bay Club Connect.



GOAT YOGA AT BAY CLUB REDONDO BEACH

Saturday, September 17 | 12:00 pm-1:30 pm

Goat yoga is baa'ck! Meet Gizmo and Doc for a therapeutic yoga session. Cost: \$20 per member. The class is limited to 30 participants. Sign up on Bay Club Connect.



FLOATING MEDITATION AT BAY CLUB REDONDO BEACH

Wednesday, September 28 | 6:30 pm

Floating meditation is the ultimate relaxation. Surrounded by water and supported by noodles in savasana pose (back float), you can rest your mind while focusing on the sensation of floating. Sign up on Bay Club Connect.



ELEVATE AT BAY CLUB EL SEGUNDO

Want to ELEVATE your fitness to the next level? Join our 4-week fitness program led by Personal Trainer Cory Mularz. Cost: \$350, which covers nine sessions to get you looking and feeling your best.

NEW TRAINER HIGHLIGHT AT BAY CLUB EL SEGUNDO

Molly Rood is a South Bay native and found her passion for personal training four years ago when she recognized the positive impact exercise has on mental health. She specializes in strength training for women and youth fitness.



CALENDAR OF EVENTS



CLUB HOURS OF OPERATIONS

Bay Club 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

Bay Club Redondo Beach

Monday through Friday: 5:30 am-9:00 pm

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

Bay Club 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

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5 Songs of Sumer Cycle at Bay Club El Segundo 8:30 am Contour to the Core with Tracy 8:30 am Cardio Dance with Ryan 8:30 am	6	7	8	9	10 Surprise and Delight "Ice Cream Social" at Bay Club Redondo Beach 10:00 am-11:00 am
11	12	13	14	15	16 Complimentary Stretch/Massage Session	17 Body Pump 122 Launch at Bay Club El Segundo 8:00 am Fitness Showcase at Bay Club El Segundo 9:00 am Goat Yoga at Bay Club Redondo Beach 8:00 am
18 Body Pump 122 Launch at Bay Club Santa Monica and Bay Club El Segundo 8:00 am	19	20 Girls' Night Out at Bay Club Santa Monica 5:30 pm-7:30 pm	21 90's Cycle at Bay Club El Segundo 4:30 pm	22 Golden Pumpkin Hunt at Bay Club El Segundo All Day	23	24
25 Summer Movie Series at Bay Club Santa Monica 7:30 pm	26	27	28 Bike and Barre with Kristina at Bay Club Santa Monica 5:00 pm Floating Meditation at Bay Club Redondo Beach 6:30 pm	29	30	1

HAVE A QUESTION?

Scan to read our FAQ or contact us through Bay Club Connect.



Scan to read our FAQ

OR



- Open your **CONNECT APP**.
- Select **MORE** on the bottom right corner.
- Select **CONTACT US**.
- Select the tile that best suits your question.
- A team member will get back to you as soon as possible—our goal is 72 hours.

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.