



CLUB LIFE



CLUB HIGHLIGHTS

FALL BASKETBALL LEAGUE

Kicks off Tuesday, September 13
The Basketball League will take place on Tuesday and Wednesday nights this fall. Email basketball.sfcampus@bayclubs.com to sign up.

LABOR DAY CLUB HOURS

The Club will be open from 7:00 am-7:00 pm on Monday September 5.

HOCUS POCUS 2 VIEWING PARTY

Friday, September 30 | 5:00 pm
Bring your friends and family for a special viewing of Hocus Pocus 2 on its release date on Disney+

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.



FREE GUEST FRIDAY & BOGO SMOOTHIES

Friday, September 2

Bring your guests to the Club for Free Guest Friday and enjoy buy one, get one smoothies at the Café during regular business hours.



FOOTBALL SEASON KICK OFF

Sunday, September 11 | 10:00 am

Join us at the Café for brunch as we kick off the football season with the 49ers vs. Bears.



PAINTING & PINOT ON THE ROOFTOP

Friday, September 23 | 5:00 pm-7:00 pm

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



VINYASA AND VINO AT BAY CLUB SAN FRANCISCO

Thursday, September 15 | 6:00 pm-8:00 pm

Join us on our beautiful rooftop for an instructor-led Vinyasa Flow followed by wine at sunset.

KIDS' NIGHT OUT AT BAY CLUB GATEWAY

Saturdays through October | 6:00 pm-10:00 pm

Drop off your kids for a fun-filled evening at the Club. For more information and to sign up, visit Bay Club Connect.



MEET OUR NEW FIIGHT INSTRUCTOR, MARIA DURCANIN

Tuesdays and Thursdays | 6:00 pm and 7:00 pm
Saturdays | 9:30 am and 10:45 am

Maria is the latest FIIGHT Instructor at Bay Club San Francisco. In addition to a certification from the National Academy of Sports Medicine for personal training and nutrition, she also holds a certification from SCW Fitness Education for boxing. Come say hello to Maria during one of her FIIGHT classes.



TRAIN LIKE A PRO WITH GERARDO KROELL

Mondays-Saturdays | 12:00 pm-5:00 pm
Available at Bay Club San Francisco and Bay Club Financial District

Gerardo, a former dancer for the National Guatemalan Ballet and Municipal Ballet, now specializes in helping members with balance, flexibility, strength, and weight loss. Email gerardo.kroell@bayclubs.com to book your complimentary assessment today.



SQUASH ROUND ROBIN

Fridays | 5:15 pm-8:00 pm

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



FALL BASKETBALL LEAGUE AT BAY CLUB SAN FRANCISCO

Tuesdays and Wednesdays | 5:00 pm-9:00 pm

Ready for some friendly competition on the court? The Fall Basketball League begins Tuesday, September 13. Email basketball.bcsf@bayclubs.com for more details.

THE BENEFITS OF SHARED MEMBERSHIP

Did you know you can take advantage of all our amenities with your friends and family?
Add up to 5 people to your roster today and share the joys of membership.



CALENDAR OF EVENTS



CLUB HOURS OF OPERATIONS

Monday through Friday: 5:00 am-10:00 pm
Saturday and Sunday: 7:00 am-7:00 pm

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Therapeutic Yoga with Raquel 10:30am FIIGHT with Maria Durcanin 7:00 pm	2 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 pm	3 FIIGHT with Maria Durcanin 9:30 am FIIGHT with Maria Durcanin 10:45 am
4 Forever Fit with Manny 9:30 am Stretch and Align with Fran Sanguinetti 10:30 am	5 FIIGHT with Maria 7:00 pm	6 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 am Therapeutic Yoga with Raquel 12:00 pm	7 Therapeutic Yoga with Raquel 10:30am FIIGHT with Maria 7:00 pm	8 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 pm	9 FIIGHT with Maria Durcanin 9:30 am FIIGHT with Maria Durcanin 10:45 am	10 FIIGHT with Maria Durcanin 9:30 am FIIGHT with Maria Durcanin 10:45 am
11 Forever Fit with Manny 9:30 am Stretch and Align with Fran Sanguinetti 10:30 am Therapeutic Yoga with Raquel 12:00 pm	12 FIIGHT with Maria 7:00 pm	13 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 am Therapeutic Yoga with Raquel 12:00 pm	14 Therapeutic Yoga with Raquel 10:30am FIIGHT with Maria 7:00 pm	15 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 pm	16 FIIGHT with Maria Durcanin 9:30 am FIIGHT with Maria Durcanin 10:45 am	17 FIIGHT with Maria Durcanin 9:30 am FIIGHT with Maria Durcanin 10:45 am
18 Forever Fit with Manny 9:30 am Stretch and Align with Fran Sanguinetti 10:30 am Therapeutic Yoga with Raquel 12:00 pm	19 FIIGHT with Maria 7:00 pm	20 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 am Therapeutic Yoga with Raquel 12:00 pm	21 Therapeutic Yoga with Raquel 10:30am Sunset Vino and Vinyasa with Emma Beck 6:30 pm FIIGHT with Maria 7:00 pm	22 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 pm	23 FIIGHT with Maria Durcanin 9:30 am FIIGHT with Maria Durcanin 10:45 am	24 FIIGHT with Maria Durcanin 9:30 am FIIGHT with Maria Durcanin 10:45 am
25 Forever Fit with Manny 9:30 am Stretch and Align with Fran Sanguinetti 10:30 am Therapeutic Yoga with Raquel 12:00 pm	26 FIIGHT with Maria 7:00 pm	27 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 am Therapeutic Yoga with Raquel 12:00 pm	28 FIIGHT with Maria Durcanin 6:00 pm FIIGHT with Maria Durcanin 7:00 pm	29 Forever Fit with Manny 9:30 am Stretch and Align with Leslie McGraw 10:30 pm	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.