



CLUB LIFE



CLUB HIGHLIGHTS

FALL INTO FITNESS

Establish your fall fitness routine with ELEVATE small group training, group fitness classes, and trainer tips.

STAY IN THE SWING

The Club will keep you swinging with tennis, squash, pickleball, and badminton. Check the calendar for socials, round robins, clinics, and more!

LABOR DAY BBQ

Monday, September 5 | 1:00 pm-4:00 pm
Celebrate the holiday at the Club with games, and BBQ.

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.



LABOR DAY BBQ

Monday, September 5 | 1:00 pm-4:00 pm

Celebrate the end of summer with pool games, family-friendly activities, and a poolside BBQ.



SUNDAE FUN

Sunday, September 18 | 11:00 am-12:00 pm

Bring the family to the Club and build your own ice cream sundae at the outdoor bar and grill.



BINGO SOCIAL

Thursday, September 22 | 5:30 pm-7:00 pm

Join us for bingo fun and light refreshments.



MEMBERSHIP HOSPITALITY TABLE

Saturday, September 24 | 11:00 am-12:00 pm

Come meet the Membership Team while enjoying light bites and refreshments.

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.



US OPEN TENNIS MIXER

Friday, September 9 | 7:00 pm-9:00 pm

Get ready for a little friendly competition with complimentary food and drinks. To reserve your spot, email Joel.hunter@bay-clubs.com.



TRAINER TIPS AND INBODY

Monday, September 12, Thursday, September 15,
Thursday, September 22, and Wednesday, September 28

Got fitness questions? We've got answers! Meet the Training Team for fitness tips and a complimentary InBody assessment.



MID-WEEK MEDITATION

Wednesday, September 21 | 7:30 pm-8:45 pm

Join us for restorative meditation and rejuvenating breathwork (pranayama).



BADMINTON CHALLENGE COURT

Sunday, September 25 | 12:00 pm -3:00 pm

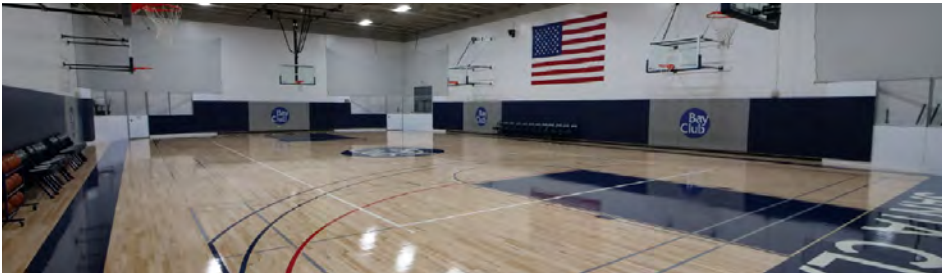
Grab a friend and take a swing on the court!

CHECK OUT OUR LATEST CLASS OFFERINGS THIS SEASON AND DISCOVER SOMETHING NEW

See the full schedule and sign up on Bay Club Connect.



CALENDAR OF EVENTS



CLUB HOURS OF OPERATIONS

Monday through Friday: 6:00 am-9:00 pm
Saturday and Sunday: 7:00 am-8:00 pm

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Cardio Tennis 12:00 pm-1:00 pm	2 Sunrise Strength Bodypump 6:15 am	3 Cardio Crew Rowing with May 9:00 am & 10:00 am Cardio Tennis 9:00 am
4 Adult Squash Round Robin 9:00 am-12:00 pm	5 Labor Day BBQ 1:00 pm-4:00 pm Elevate Demo Class 12:00 pm-1:00 pm Club Hours 7:00 am-8:00 pm	6 Cardio Tennis 7:00 pm-8:00 pm	7 Sunrise Rhythmn Ride 6:15 am	8 Cardio Tennis 6:00 pm-7:00 pm	9 US Open Tennis Mixer 7:00 pm-9:00 pm	10 Cardio Tennis 9:00 am Pickleball Social Mixer 12:00 pm-2:00 pm
11 Adult Intermediate Swim Clinic 6:30 pm	12 Trainer Tips and InBody 12:00 pm-1:30 pm Adult Intermediate Tennis Clinic 6:00 pm-8:30 pm	13 Membership Hospitality Table 5:30 pm-6:30 pm Cardio Tennis 7:00 pm-8:00 pm	14 Pre Swim Team Workshop 4:00 pm-4:45 pm	15 Trainer Tips and InBody 7:30 pm-8:30 pm	16 Masters Swim 12:00 pm-1:00 pm	17 Cardio Tennis 9:00 am Adult Intermediate Tennis Clinic 12:00 pm-1:30 pm
18 Swim Team Pizza Party 12:00 pm Sundae Funday 11:00 am-12:00 pm	19 Adult Intermediate Tennis Clinic 6:00 pm-8:30 pm	20 Cardio Tennis 7:00 pm-8:00 pm	21 Mid-Week Meditation 7:30 pm-8:45 pm	22 Trainer Tips and InBody 7:30 pm-8:30 pm Bingo Social 5:30 pm-7:00 pm	23 UJam Dance Fitness 6:30 pm	24 Cardio Tennis 9:00 am Membership Hospitality Table 11:00 am- 12:00 pm
25 Badminton Challenge Court 12:00 pm-3:00 pm	26 Adult Intermediate Tennis Clinic 6:00 pm-8:30 pm	27 Cardio Tennis 7:00 pm-8:00 pm	28 Trainer Tips and InBody 9:00 am-10:30 am	29 Pickleball Social Mixer 6:00 pm-8:00 pm	30 Friday Flow Vinyasa Yoga 7:00 pm	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.