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

PAINTING & PINOT ON THE ROOFTOP

Friday, July 8 | 5:00 pm-7:00 pm. Share a drink with friends while creating your masterpiece under the summer sunset. Guests are welcome. Click here to register.

4TH OF JULY FITNESS PROGRAMS

Take one Max-4 Class per day during our Max-4-a-thon event to win a prize! Plus, join our FIIGHT for Independence specialty class. Sign up on Bay Club Connect.

SUMMER CAMP IS HERE!

Kids will love full-day multi-sport camp. It's a great way to keep fit while having fun. Sign up on Bay Club Connect or email camps.sfcampus@bayclubs.com for more details.

WE'RE HIRING

Get the most out of your summer by joining our crew.

Scan the QR code to learn more.

FREE GUEST FRIDAY

Friday, July 1 | All Day

The first Friday of every month, bring a guest to the Club—on us! It's the perfect time to show your friends the Bay Club magic.

SQUASH ROUND ROBIN & HAPPY HOUR

Fridays | 5:00 pm-8:00 pm

Join us for a round robin on our squash courts, plus food and drinks.

SHAKE SAMPLE SUNDAYS

Every Sunday | 10:00 am-4:00 pm

Try some complimentary samples of our latest protein shakes in the Café.

HAPPY HOUR SOCIAL

Thursday, July 21 | 6:00 pm-8:00 pm

Join us in the Lobby for Member Happy Hour the first Thursday of every month with some food and refreshments.

SHARED MEMBERSHIP

The Bay Club is better with friends. Add up to 5 of your favorite people to your membership and invite them to join all the fitness and fun the Club has to offer.

WELCOME MANNY GONZALEZ!

Mondays | 5:00 pm

Manny is our newest group fitness instructor and phenomenal personal trainer. His high-energy personality and passion for fitness makes his Max-4 classes a blast.

TRAIN LIKE A PRO

We've got lots of Fitness Professionals, like Seth Green, who either coached pro athletes, or were pros themselves. Email michael.bonella@bayclubs.com for more information.

SATURDAY CORNHOLE TOURNAMENT

Every Saturday | 12:00 pm

Come enjoy snacks, drinks, competitive cornhole, and tons of fun.

NEW CLASSES COMING YOUR WAY

Stay tuned for additions to our fitness programs this July, including Pilates lessons, Detox Yoga, and much more!

FITNESS ASSESSMENT AND NUTRITION COUNSELING

Get 10 personal training sessions, a fitness assessment, and one 20-minute nutrition consultation. The price is $1,100 for Ultimate Level and $1,350 for Coach Level.

CALENDAR OF EVENTS

CLUB HOURS OF OPERATIONS

Monday through Thursday: 5:00 am-10:00 pm
Friday:56:00 am-9:00 pm
Saturday and Sunday: 7:00 am-7:00 pm

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Free Guest Friday All Day Summer Camp 9:00 am-4:00 pm Max-4-a-Thon 9:00 am-4:00 pm	2 Cornhole Tournament 12:00 pm Max-4-a-Thon 9:00 am-4:00 pm
3 Max-4-a-Thon 9:00 am-4:00 pm Shake Sample Sundays 10:00 am-4:00 pm	4 Max-4-a-Thon FIIGHT for Independence	5 Summer Camp 9:00 am-4:00 pm	6 Summer Camp 9:00 am-4:00 pm	7 Summer Camp 9:00 am-4:00 pm	8 Summer Camp 9:00 am-4:00 pm Paint & Pinot 5:00 pm-7:00 pm Squash Round Robin 5:00 pm-8:00 pm	9 Cornhole Tournament 12:00 pm-2:00 pm
10 Shake Sample Sundays 10:00 am-4:00 pm	11 Summer Camp 9:00 am-4:00 pm	12 Summer Camp 9:00 am-4:00 pm	13 Summer Camp 9:00 am-4:00 pm	14 Summer Camp 9:00 am-4:00 pm	15 Summer Camp 9:00 am-4:00 pm Squash Round Robin 5:00 pm-8:00 pm	16 Cornhole Tournament 12:00 pm-2:00 pm
17 Shake Sample Sundays 10:00 am-4:00 pm	18 Summer Camp 9:00 am-4:00 pm	19 Summer Camp 9:00 am-4:00 pm Happy Hour Social 6:00 pm-8:00 pm	20 Summer Camp 9:00 am-4:00 pm Pickleball & Pastries 9:00 am-12:00 pm	21 Summer Camp 9:00 am-4:00 pm Happy Hour Social 6:00 pm-8:00 pm	22 Summer Camp 9:00 am-4:00 pm Squash Round Robin 5:00 pm-8:00 pm	23 Cornhole Tournament 12:00 pm-2:00 pm
24 Shake Sample Sundays 10:00 am-4:00 pm	25 Summer Camp 9:00 am-4:00 pm	26 Summer Camp 9:00 am-4:00 pm Happy Hour Social 6:00 pm-8:00 pm	27 Summer Camp 9:00 am-4:00 pm Pickleball & Pastries 9:00 am-12:00 pm	28 Summer Camp 9:00 am-4:00 pm	29 Summer Camp 9:00 am-4:00 pm Squash Round Robin 5:00 pm-8:00 pm	30 Cornhole Tournament 12:00 pm-2:00 pm
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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.