



# CLUB LIFE



## CLUB HIGHLIGHTS

### NEW TRAINER AT BAY CLUB REDONDO BEACH

Welcome to Cory Haywood! Cory is a certified personal trainer, specializing in weight loss, plyometrics, and strength training.

### TEAM TRAINING AT BAY CLUB EL SEGUNDO

Small group training is back—enjoy guided workouts from our personal trainers. Email [Mayra.Escobar@bayclubs.com](mailto:Mayra.Escobar@bayclubs.com) to learn more.

### BUTTS & GUTS WORKSHOP

Saturday, October 1 | 9:00 am-9:50 am  
Break a sweat in this high-energy, interactive, cardio class that combines kickboxing and Pilates.

## CELEBRATE THE FUN OF FALL

With the weather cooling down, the Club brings more thrills and excitement this fall. Whether you're looking to join a new basketball league, play some squash, or check out a spook-tacular Halloween event, enjoy endless fun at the Club with the whole family.



### 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.



**GOLDEN PUMPKIN HUNT  
AT BAY CLUB EL SEGUNDO**

Monday, October 31 | All Day

Lookout for golden pumpkins hidden throughout the Club. Find one and bring it to the Front Desk for a special surprise.



**HALLOWEEN AT BAY CLUB SANTA MONICA**

Monday, October 31 | All Day

Come costume ready and join our fun Group Fitness Halloween extravaganza. See our full Group Fitness schedule and sign up on Bay Club Connect.



**KIDS' NIGHT OUT  
AT BAY CLUB EL SEGUNDO**

Fridays in October | 5:00 pm-7:00 pm

This drop-off event includes arts and crafts, a bounce house, and a pizza dinner. Email [family,bces@bayclubs.com](mailto:family,bces@bayclubs.com) for more information.



**HALLOWEEN "THRILLER" SERIES  
AT BAY CLUB EL SEGUNDO**

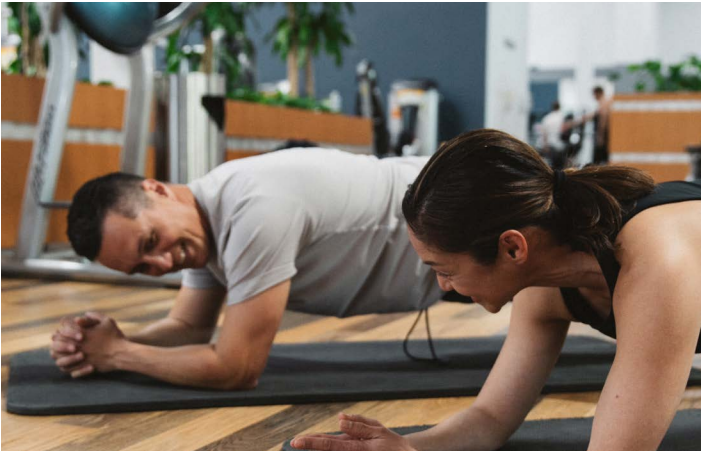
Sundays in October | 9:00 am

Ever wanted to learn Michael Jackson's "Thriller" dance? The choreography will be taught by Azman and performed at the Halloween Dancefest on Sunday, October 30.

**SCHOOL BREAK CAMP AT BAY CLUB EL SEGUNDO**

Wednesday, October 5 | 9:00 am-4:00 pm  
Space is limited. Sign up on Bay Club Connect.





### MASTER BARRE & CORE AT BAY CLUB REDONDO BEACH

Saturday, October 15 | 12:00 pm-1:30 pm

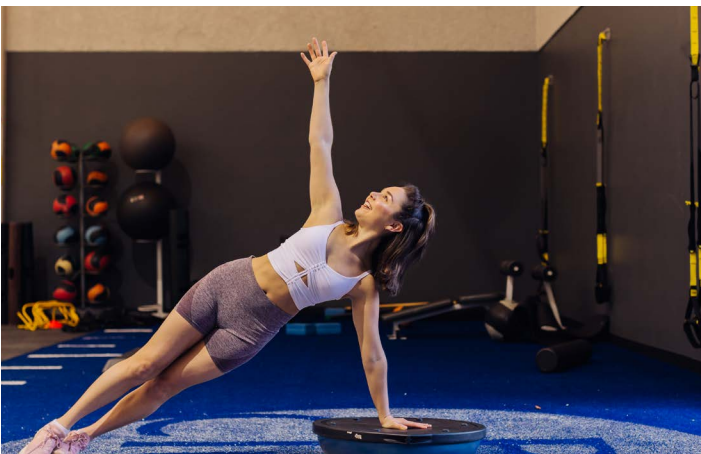
Join Elma and Cali for a true Barre and Core Master Class. This full-body workout develops agility, flexibility, and improves balance.



### FITNESS SHOWCASE AT BAY CLUB EL SEGUNDO

Saturday, October 22 | 9:00 am-10:00 am

Get ready for our monthly complimentary Showcase with fitness DJ Erin Vee. This month features our popular Glute Camp class with Cyn Ventura.



### TRICK OR TRAIN AT BAY CLUB SANTA MONICA

Tuesday, October 25 | 5:00 pm-7:30 pm

Work out with our live DJ while our top trainers lead the way. The event includes raffles, bar & bites, and more. To RSVP, email [Rebecca.Khammar@bayclubs.com](mailto:Rebecca.Khammar@bayclubs.com).



### GLUTE CAMP: HALLOWEEN EDITION AT BAY CLUB REDONDO BEACH

Saturday, October 29 | 12:00 pm-1:30 pm

Prepare to work out your glutes with great music. Halloween costumes are more than welcome.

### BAY CLUB SANTA MONICA'S TOUR DE PINK WEEKEND FUNDRAISER

Saturday, October 8 | 8:00 am-8:50 am, 10:00 am-10:50 am • Sunday, October 9 | 8:30 am-9:20 am

Get dressed in your best pink outfits all weekend long for our annual Breast Cancer fundraiser to help raise awareness for a good cause. Guests are welcome. Treats and refreshments are included. Reserve your spin-a-thon bike on Bay Club Connect.



# 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

OCTOBER							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	25	26	27	28	29	30	1 Butts and Guts Workshop at BCSM 9:00 am-9:50 am Sound Bath & Meditation at BCRB 12:00 pm- 1:30 pm
2 Halloween "Thriller" Series at BCES 9:00 am Family Swim at BCES 10:00 am-1:00 pm	3	4	5 School Break Camp at BCES 9:00 am-4:00 pm	6	7 Kids' Night Out at BCES 5:00 pm-7:00 pm	8 Tour de Pink Fundraiser at BCSM 8:00 am and 10:00 am Floating Pumpkin Patch Family Swim at BCES 1:00 pm-3:00 pm	
9 Tour de Pink Fundraiser at BCSM 8:30 am Halloween "Thriller" Series at BCES 9:00 am Family Swim at BCES 10:00 am-1:00 pm	10	11	12	13 Kids' Night Out at BCES 5:00 pm-7:00 pm	14	15 Master Barre & Core at BCRB 12:00 pm-1:30 pm Floating Pumpkin Patch Family Swim at BCES 1:00 pm-3:00 pm	
16 Halloween "Thriller" Series at BCES 9:00 am Family Swim at BCES 10:00 am-1:00 pm	17	18	19	20 Kids' Night Out at BCES 5:00 pm-7:00 pm	21	22 Fitness Showcase at BCES 9:00 am-10:00 am Floating Pumpkin Patch Family Swim at BCES 1:00 pm-3:00 pm	
23 "Halloween "Thriller" Series at BCES 9:00 am Family Swim at BCES 10:00 am-1:00 pm	24	25 Trick or Train at BCSM 5:00 pm-7:30 pm	26	27 Kids' Night Out at BCES 5:00 pm-7:00 pm	28	29 Halloween Glute Camp at BCRB 12:00 pm-1:30 pm Floating Pumpkin Patch Family Swim at BCES 1:00 pm-3:00 pm	
30 Halloween Dancefest at BCES Halloween "Thriller" Series at BCES 9:00 am Family Swim at BCES 10:00 am-1:00 pm	31 Trick or Treat at BCES 8:00 am-1:30 pm Golden Pumpkin Hunt at BCES All Day Halloween at BCSM All Day	1	2	3	4	5	

### MEMBER TIP OF THE MONTH: **UPDATING YOUR SHARED MEMBERSHIP**

Did you know you can easily add members to your Shared Membership through Bay Club Connect?



Scan the code and check out our video to learn how to add members in a few easy steps.

### If you need further assistance, contact us on Bay Club Connect.

- Open your Connect App.
- Select MORE in the bottom right corner.
- Select CONTACT US.

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.