



# CLUB LIFE



## CLUB HIGHLIGHTS

### SMALL GROUP TRAINING AT EL SEGUNDO

Step up your game with these small-group sessions taught by certified personal trainers. \$80/month for unlimited classes. Questions: [Mayra.Escobar@bayclubs.com](mailto:Mayra.Escobar@bayclubs.com).

### KIDS NIGHT OUT AT EL SEGUNDO

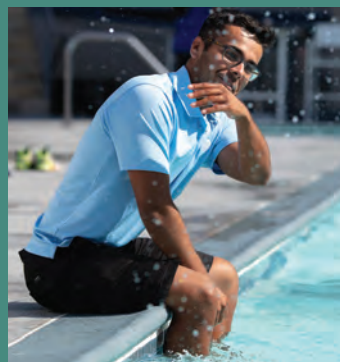
Friday Nights | 5:00 pm-7:00 pm  
Kids ages 2 to 10 will have a blast playing in the Club House, eating pizza, and making lasting memories with friends. Register on Connect!

### MONDAY NIGHT FOOTBALL HAPPY HOUR AT SANTA MONICA

Head to the lobby for Monday Night Football!  
Enjoy complimentary sips & treats.

## EAT, PLAY, AND GIVE THANKS

It's the perfect time to get together with family and friends to create memories that will last a lifetime. Fall into a new routine as daylight savings time ends with seasonal events and classes at the Club. As we get ready for a month full of giving thanks, we'd like to thank you for being part of the Bay Club family!



### WE'RE EXPANDING OUR CREW

Interested in a rewarding and fun career? We'd love to have you join our team!



Scan the QR Code to learn more.



**THANKSGIVING CAMP AT EL SEGUNDO**

November 21 through November 23 | 9:00 am-4:00 pm

No school? No problem! Send your kids to the Bay Club El Segundo for their Thanksgiving break and rest assured that they are happy, safe, and having a great time. Register on Connect.

**PUMPKIN SPICE AND SOMETHING NICE AT REDONDO BEACH**

Sunday, November 13 | 10:00 am- 11:00 am

Enjoy our Pumpkin Coffee cream and Pumpkin pie to warm up for Thanksgiving week.



**PRE-THANKSGIVING WORKOUT AT SANTA MONICA**

Monday, November 21 | 8:00 am-9:00 am & 5:00 pm-6:00 pm

Join us on the lawn for a Color War themed workout filled with contests, prizes, a live DJ and healthy treats. RSVP at [fitness.bcsm@bayclubs.com](mailto:fitness.bcsm@bayclubs.com).

**SOUND BATH AT REDONDO BEACH**

Saturday, November 19th | 12:00 pm-1:15 pm

Immerse yourself in relaxation with this healing session complete with breathwork, sound healing, and yoga. Unwind with crystals, drums, and more. Sign up today on Connect.

**CLUBHOUSE HIP HOP AT BAY CLUB EL SEGUNDO**

Tuesdays | 4:00 pm-6:00 pm and 5:00 pm-7:00 pm: Get ready to get your groove on, kids! Children ages 3 through 9 will have a great time at these monthly hip-hop dance sessions.





### FITNESS SHOWCASE AT EL SEGUNDO

Saturday, November 19 | 9:00 am-10:00 am

Get ready for our monthly complimentary Showcase with fitness DJ Erin Vee.



### SPOOKTACULAR ZUMBA AT EL SEGUNDO

Tuesday, November 1 | 6:30 pm

In celebration of the Hispanic holiday Dia de los Muertos (Day of the Dead), this Zumba class will be transformed into a costume party. Join leader Karla and dance in your favorite costumes!



### BALLET STRENGTH AND MOBILITY AT REDONDO BEACH

Saturday, November 12 | 12:00 pm -1:30 pm

In this class Elma will focus on core stability, weight placement and alignment, all while testing muscle memory.



### HOLD IT FOR THE HOLIDAYS: MAINTAIN, DON'T GAIN WELLNESS CHALLENGE

November 24 through January 1

Join this 6-week session complete with personal training, Inbody assessments, weekly check-ins, and more. To register or for more details, please email [fitness.bcsm@bayclubs.com](mailto:fitness.bcsm@bayclubs.com).

### THANKFUL THURSDAY AT SANTA MONICA

In the spirit of Thanksgiving and to show our appreciation, join us for surprises and delights every Thursday in November. Thank you for being a member, you are simply our favorite part of the day.



# 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



NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Spooktacular Zumba at El Segundo 6:30 pm	2	3 Thankful Thursday at Santa Monica	4 Kids Night Out: Mad Science at El Segundo 5:00 pm-7:00 pm	5 Family Swim at El Segundo 1:00 pm-3:00 pm
6 Family Swim at El Segundo 10:00 am-3:00 pm	7	8	9	10 Thankful Thursday at Santa Monica	11 Kids Night Out: Minute to Win It at El Segundo 5:00 pm-7:00 pm	12 Vendor Fair at El Segundo  Ballet Strength and Mobility at Redondo Beach 12:00 pm-1:30 pm  Family Swim at El Segundo 1:00 pm-3:00 pm
13 Pumpkin Spice and Something Nice at Redondo Beach 10:00 am-11:00 am  Family Swim at El Segundo 10:00 am-3:00 pm	14	15 Vendor Fair at El Segundo 8:00 am-1:00 pm	16	17 Thankful Thursday at Santa Monica	18 Kids Night Out: Laser Tag at El Segundo 5:00 pm-7:00 pm	19 Family Swim at El Segundo 1:00 pm-3:00 pm  Fitness Showcase at El Segundo 9:00 am  Sound Bath at Redondo Beach 12:00 pm-1:15 pm
20 Family Swim at El Segundo 10:00 am-3:00 pm	21 Thanksgiving Camp at El Segundo 9:00 am-4:00 pm  Pre-Thanksgiving Workout at Santa Monica 8:00 am-9:00 am & 5:00 pm-6:00 pm	22 Thanksgiving Camp at El Segundo 9:00 am-4:00 pm	23 Thanksgiving Camp at El Segundo 9:00 am-4:00 pm	24 El Segundo Childcare Hours 8:00 am-1:30 pm  El Segundo and Redondo Beach Thanksgiving Hours 6:00 am-2:00 pm  Santa Monica Thanksgiving Hours 7:00 am-12:00 pm	25 Turkey Trot at Santa Monica 8:00 am-11:00 am  El Segundo Childcare Hours 8:00 am-1:30 pm	26 Family Swim at El Segundo 1:00 pm-3:00 pm
27 Family Swim at El Segundo 10:00 am-3:00 pm	28	29	30	1	2	3

### 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.