



CLUB LIFE



CLUB HIGHLIGHTS

WELCOME CHARLIE GALVEZ!

Say hello to Charlie, our new Operations Manager, on your next visit to the Club!

THANKSGIVING HOLIDAY HOURS

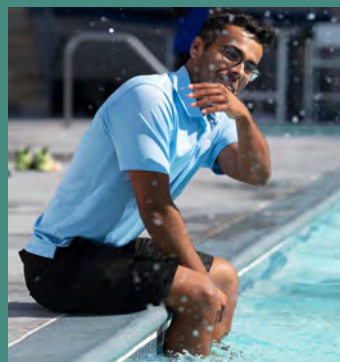
We are so grateful you're part of our community. We will be closed on Thanksgiving Day.

BAGEL THURSDAYS

Drop by the Club Thursday mornings for a complimentary bagel.

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.



FREE GUEST FRIDAY

Friday, November 4

Share your Bay Club Happy with a friend or two. On the first Friday of every month, members are welcome to bring a guest to enjoy all the Club's offerings.



MEMBER SOCIAL AND SHOWCASE EVENT

Wednesday, November 23 | 5:00 pm-8:00 pm

Stop by the club for light bites and beverages while socializing with other members and club manager Jessica Frianela.



NATIONAL BUNDT CAKE DAY

Tuesday, November 15 | 9:00 am-11:00 am

Celebrate National Bundt Cake Day with us. Stop by the front desk for a mini sweet treat after your workout.



THANKSGIVING WEEK KIDS CAMP

November 21, 22, 23, and 25

Send your kiddo to Bay Club Gateway for an exciting week of aquatics, pickleball, tennis, and more. Half-day and full-day options available. Register under Kids Programs on Bay Club Connect.

SHARED MEMBERSHIP

Give the gift of Shared Membership! With the holidays fast approaching, gift a shared membership and add up to five people to your roster today and share all the amenities Bay Club has to offer.



TRAIN LIKE A PRO WITH GERARDO KROELL

Tuesdays, Wednesdays, Thursdays | 11:00 am-4:00 pm

Take your training to the next level with professional ballet dancer Gerardo Korell. See front desk for more details about Personal Training Packages.



PRE-THANKSGIVING SHOWCASE EVENT

Join us for one or more of our Showcase group fitness classes. Meet other members and get a great workout in before you enjoy your Thanksgiving festivities. Sign up on Bay Club Connect.



FALL AQUATICS AT BAY CLUB GATEWAY

Join us for afterschool Swim Team, Swim School, and Parent-Tot Classes in November. Register on Bay Club Connect. We also offer private lessons for all ages. For questions, email aquatics.sfcampus@bayclubs.com.



BASKETBALL 3X3 TOURNAMENT AT BAY CLUB SAN FRANCISCO

Wednesday, November 16 | 5:00 pm-9:00 pm

Show off your court skills at our basketball 3x3 tournament from 5:00 pm-7:00 pm. Then, join your friends for a game at our Warriors Watch Party from 7:00 pm-9:00 pm. Sign up at the Front Desk or email basketball.bcsf@bayclubs.com for more info.

LOCKER RENTAL

Do you need a place to store your gear while you're at the Club? Private lockers and laundry service are available at Bay Club Financial District. For more information, contact Charlie.Galvez@bayclubs.com.



CALENDAR OF EVENTS



CLUB HOURS OF OPERATIONS

Monday through Friday: 8:00 am-10:00 pm
Saturday and Sunday: 8:00 am-8:00 pm

| NOVEMBER | | | | | | |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| | | Raquel's Therapeutic Yoga 12:15 pm-1:05 pm | IGNITE with Winnie Siu 6:45 am-7:35 am Vinyasa Yoga with Emma Beck 12:00 pm-12:50 pm | Complimentary Bagels 6:00 am-8:00 am Power Flow Yoga with Mark Cormier 6:30 pm-7:20 pm | Free Guest Friday All Day | National Donut Day at Bay Club San Francisco 9:00 am-11:00 am |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| IGNITE with Hillary Klausner 11:30 am-12:20 pm Barre with Hillary Klausner 12:30 pm-1:20 pm | Raquel's Therapeutic Yoga 12:15 pm-1:05 pm | IGNITE with Winnie Siu 6:45 am-7:35 am Vinyasa Yoga with Emma Beck 12:00 pm-12:50 pm | Complimentary Bagels 6:00 am-8:00 am Power Flow Yoga with Mark Cormier 6:30 pm-7:20 pm | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| IGNITE with Hillary Klausner 11:30 am-12:20 pm Barre with Hillary Klausner 12:30 pm-1:20 pm | Raquel's Therapeutic Yoga 12:15 pm-1:05 pm National Bundt Cake Day 9:00 am-11:00 am | IGNITE with Winnie Siu 6:45 am-7:35 am Vinyasa Yoga with Emma Beck 12:00 pm-12:50 pm Basketball 3x3 Tournament at San Francisco 5:00 pm-9:00 pm | Complimentary Bagels 6:00 am-8:00 am Power Flow Yoga with Mark Cormier 6:30 pm-7:20 pm | Paint and Pinot at Bay Club San Francisco 5:00 pm-7:00 | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| IGNITE with Hillary Klausner 11:30 am-12:20 pm Barre with Hillary Klausner 12:30 pm-1:20 pm | Raquel's Therapeutic Yoga 12:15 pm-1:05 pm | Vinyasa Yoga with Emma Beck 12:00 pm-12:50 pm Member Social 5:00 pm-8:00 pm Pre-Thanksgiving Showcase Event | Thanksgiving Day Closed | | | |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| IGNITE with Hillary Klausner 11:30 am-12:20 pm Barre with Hillary Klausner 12:30 pm-1:20 pm | Raquel's Therapeutic Yoga 12:15 pm-1:05 pm | IGNITE with Winnie Siu 6:45 am-7:35 am Vinyasa Yoga with Emma Beck 12:00 pm-12:50 pm | | | | |

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.