



CLUB LIFE



CLUB HIGHLIGHTS

FAMILY MOVIE NIGHT

The whole family will have a blast enjoying the film, "Free Birds." It's a perfect way to spend some time together before the holiday.

GIVING THANKS

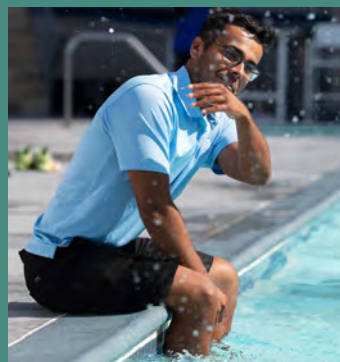
We're looking forward to Grateful Groove Dance Classes and Friendsgiving Friday this month. Check the calendar for details.

ASSISTED STRETCHING DEMOS

Improve your flexibility with assisted stretching. Contact Zachary.trahan@bayclubs.com to book your appointment.

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.



FAMILY MOVIE NIGHT

Friday, November 18 | 6:00 pm-8:00 pm

Join us for popcorn, pizza, and the feature film, "Free Birds."



MIMOSAS AND MUFFINS

Friday, November 25 | 11:00 am-12:00 pm

Join us for some complimentary post-holiday hospitality! Enjoy drinks and tasty light bites.



FRIENDSGIVING FRIDAY

Friday, November 11

Sharing is caring! Bring one guest on us to enjoy a day at the club together.



HOLIDAY SWIM-A-THON

Saturday, November 26 | 9:00 am-12:00 pm

Bay Club Santa Clara swim team and masters program are making a splash in support of Toys-4-Tots. Email laurie.miner@bayclubs.com for more information.

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.



GRATEFUL GROOVES

All Through November

Celebrate your moves and grooves with gratitude in our special themed dance classes. Check Connect and calendar for details.



CANDLELIGHT FLOW YOGA

Wednesday, November 9 | 5:15 pm

Less daylight, more candlelight. Join Eli for Candlelight Flow Yoga for a mid-week reset experience. Reserve your spot via Connect.



PICKLEBALL AND PIZZA SOCIAL MIXER

Saturday, November 12 | 12:00 pm-2:00 pm

In the spirit of Friendsgiving, bring a friend on us to play pickleball, the fastest growing sport in America!



ASSISTED STRETCHING DEMO

Wednesday, November 23 and Wednesday, November 30

Experience the benefits of assisted stretching and soft tissue work. By appointment only. Contact Zachary.Trahan@bayclubs.com to reserve your spot.

NATIONAL PICKLE DAY

November 14th is National Pickleball Day, and what better way to spend it than with some pickleball? Grab a friend and your racquets and hit the court!



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

NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Aqua Fall Fit Class 10:30 am-11:20 am	2 Grateful Groove Class 10:00 am	3	4 Ujam Fitness: New Instructor 6:30 pm	5 Intro to Cardio Crew 9:00 am and 10:00 am
6 Adult Intermediate Swim Clinic 1:00 pm-2:00 pm	7	8 Trainer Tips and Inbody Assessments 6:00 pm-7:30 pm	9 Candlelight Flow with Eli 5:15 pm	10 Grateful Groove Zumba 6:30 pm	11 Friendsgiving Friday	12 Pickleball and Pizza Social Mixer 12:00 pm-2:00 pm
13 Badminton Round Robin 12:00 pm-3:00 pm	14	15 Pre-Swim Team Drop-in Day 4:00 pm-4:45 pm	16 Trainer Tips and Inbody Assessments 6:00 pm-7:30 pm	17 Family Movie Night 6:00 pm-8:00 pm	18 Adult Intermediate Swim Clinic 2:00 pm-3:00 pm	19
20	21	22 Assisted Stretching Demo 12:00 pm-1:00 pm	23 Thanksgiving Hours 6:00 am-2:00 pm Special Holiday Group Fitness Schedule - See Connect for Details	24 Mimosas and Muffins with Membership 11:00 am-12:00 pm	25 Holiday Swim-a-Thon 9:00 am-12:00 pm	26
27 Squash Adult Round Robin 9:00 am-12:00 pm	28	29 Assisted Stretching Demo 3:00 pm-4:00 pm	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.