



CLUB LIFE

JANUARY 2023 • LA CAMPUS



CLUB HIGHLIGHTS

SHOWCASE MONDAY AT BAY CLUB SANTA MONICA

Sample our fitness offerings and get ready for 2023! RSVP to fitness.bcsm@bayclubs.com.

NEW TRAINER AT REDONDO BEACH: KYLE MADDOX

He is a Certified Personal Trainer, Virtual Coaching Specialist, former Deputy and a Defensive Tactics Police Academy instructor with a passion for helping others.

FITNESS SHOWCASE AT EL SEGUNDO

Saturday, January 21 | 9:00 am-9:50 am: Join us for a strength and conditioning showcase with a cardio circuit.



KEEP THE EXCITEMENT OF THE NEW YEAR GOING!

The Club is the best place to be inspired to set goals and resolutions for the new year. With new classes, themed events, member socials, and much more happening this month, you'll never lose motivation.



NEW YEAR, NEW CREW

We're looking to expand and hire new crew members this new year! Scan the QR code to learn more.



RESOLUTION RIDES AT EL SEGUNDO

JANUARY 1-JANUARY 2

Switch to high gear and cycle into the new year by joining us for Resolution Rides. See Calendar for full schedule. Sign up on Bay Club Connect.

HOSPITALITY/FAMILY

ROLL, STRETCH & RECOVERY AT EL SEGUNDO

See Calendar for Dates & Times

A combination of Self-Care and Stress Reduction to aid in recovery from workouts and stress. Leave feeling rested, restored, and ready to take on a new week!

KIDS NIGHT OUT AT EL SEGUNDO

Every Friday | 5:00 pm-7:00 pm

Bring the kids by for a night of fun in the Clubhouse, themed activities and pizza! Ages 2-10. Sign up on Bay Club Connect.

NEW YEAR'S MEDITATION TO INVOKE POSITIVE CHANGE AT SANTA MONICA

Sunday, January 1 | 12:00 pm

Designed to help you approach the year with hope, confidence, and a determination to do good. Followed by a tea bar. Sign up on Bay Club Connect.

DR. MARTIN LUTHER KING JR DAY CAMP AT EL SEGUNDO

Monday, January 16 | 9:00 am-4:00 pm

Bring the kiddos by to our MLK Day Camp at El Segundo for a day filled with sports, crafts, fun and more! Sign up on Bay Club Connect.





KIDS HIP HOP CLASSES AT EL SEGUNDO

Let them move to the rhythm and beats at our kids dance sessions. Includes 45-minute class and an hour of childcare. Sign up on Bay Club Connect. Ages 3-9.

FITNESS/SPORTS

FITNESS SHOWCASE AT EL SEGUNDO

Saturday, January 21 | 9:00 am-9:50 am

Join us on the Half Court for our live fitness DJ showcase with a trainer who will take you through a strength and conditioning showcase with a cardio circuit.

SHOWCASE MONDAY AT SANTA MONICA

Monday, January 23
8:00 am-12:00 pm and 5:00 pm-8:00 pm

Stop by for an overview of what we're offering in 2023. Join a group workout, take a class, or tour our updated facility. RSVP to fitness.bcsm@bayclubs.com.

SELF-DEFENSE CLINIC AT REDONDO BEACH

Saturday, January 28 | 12:00 pm-1:30 pm

Join Kyle Maddox and learn self-defense concepts and techniques to protect yourself and leave the course feeling confident and capable. \$50 per person.

JANUARY JAM TIME SANTA MONICA

Saturday, January 28 | 11:00 am

An outdoor dance fest! Join our dance instructors for a dancing sweat session. Enjoy great music, the fresh air, and drinks. RSVP to events.bcsm@bayclubs.com.





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

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Resolution Ride at El Segundo 9:00 am & 10:15 am Roll, Stretch, Recovery at El Segundo 11:45 am New Year's Meditation at Santa Monica 12:00 pm	2 Resolution Ride at El Segundo 6:00 am, 8:00 am & 5:30 pm Roll, Stretch, Recovery at El Segundo 9:30 am	3	4 Roll, Stretch, Recovery at El Segundo 9:30 am	5	6 Kid's Night Out at El Segundo 5:00 pm-7:00 pm	7 Master Stretch Class at Redondo Beach 12:00 pm-1:00 pm Family Swim at El Segundo 12:00 pm to 12:50 pm
8 Family Swim at El Segundo 10:00 am-3:00 pm	9	10	11	12	13 Kid's Night Out at El Segundo 5:00 pm-7:00 pm	14 Family Swim at El Segundo 1:00 pm-3:00 pm
15 Family Swim at El Segundo 10:00 am-3:00 pm	16 MLK Camp Day at El Segundo 9:00 am-4:00 pm	17	18	19 National Popcorn Day at Santa Monica 3:00 pm-7:00 pm	20 Kid's Night Out at El Segundo 5:00 pm-7:00 pm	21 Fitness Showcase at El Segundo 9:00 am-9:50 am Vendor Fair at El Segundo 9:00 am-1:00 pm HIIT with Cory Bantics at Redondo Beach 12:00 pm-1:30 pm
22 Family Swim at El Segundo 10:00 am-3:00 pm	23 Showcase Monday at Santa Monica 8:00 am-12:00 pm & 5:00 pm-8:00 pm	24	25	26	27 Kid's Night Out at El Segundo 5:00 pm-7:00 pm	28 January Jam Time at Santa Monica 11:00 am Family Swim at El Segundo 1:00 pm-3:00 pm Self-Defense Clinic at Redondo Beach 2:00 pm-1:30 pm
29 Family Swim at El Segundo 10:00 am-3:00 pm	30	31 National Hot Chocolate Day at Santa Monica	1	2	3	4

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.