



CLUB LIFE

FEBRUARY 2023 • LA CAMPUS



LEISURE, LOVE, AND LIFESTYLE

The Bay Club's February mantra is leisure, love, and lifestyle. To help you better connect with yourself and loved ones this month, take a look at our new wellness classes and fun seasonal events inside.

CLUB HIGHLIGHTS

4-WEEK WARRIOR CHALLENGE AT EL SEGUNDO

Starts Monday, February 6 | 8:00 am
Join certified trainer Mayra Escobar for this intense, four-week challenge full of workouts, nutritional guidance, community, and more.

XOXO RIDE WITH PK AT EL SEGUNDO

Tuesday, February 14 | 5:30 pm
Follow PK in his uplifting, encouraging, entertaining way to ride and get a great sweat on. All levels welcome.

WINTER KIDS CAMP AT EL SEGUNDO

February 20-February 24
Need a place to send your kiddos while school is closed? Send them to the Bay Club for a week of swimming, crafts, and more.



WE'RE EXPANDING OUR CREW

Interested in a fun and rewarding career? We'd love to have you join our team. Scan the QR code to learn more.



KID'S NIGHT OUT AT EL SEGUNDO

FRIDAYS | 5:00 PM-7:00 PM

Join us for our KNO at the Club! Events include a themed activity, play in The Clubhouse, and a pizza dinner. Sign up on Bay Club Connect under Kids Programming.

HOSPITALITY/FAMILY

FITNESS SHOWCASE AT EL SEGUNDO

Saturday, February 18 | 9:00 am-10:00 am

Join Garrett Boyce in the half-basketball course and feel this burn with this high-energy boxing and HITT class.

FOOTBALL EXPERIENCE AT SANTA MONICA

Sunday, February 12 | 5:00 pm

Football fans will have a blast at these interactive games led by the Bay Club fitness team. From 40-yard dashes to Flag Football and beyond, it's the perfect way to celebrate the day of the big game.

SKI WEEK KID'S CAMP AT EL SEGUNDO

February 20-24 | 9:00 am-4:00 pm

No school? No problem! Send your kids to the Bay Club during Ski Week and they'll have a blast swimming, playing soccer, enjoying snow-themed crafts, and more. Ages 5-10. Sign up on Bay Club Connect.

VALENTINE VINYASA WITH YAYA AT EL SEGUNDO

Tuesday, February 14 | 10:30 am-11:20 am

Build stamina, improve your breathing, and develop a lifelong love of yoga at this relaxing class.





GLUTE CAMP WITH CYNTHIA AT REDONDO BEACH

TUESDAY, FEBRUARY 11 | 12:00 PM-12:50 PM

Come tone up the glutes with Cynthia! Prepare to get a complete glute pump with great music. Bring your favorite Valentine to class. Reserve your spot today on Bay Club Connect.

SPORTS/FITNESS

KETTLEBELL CLINIC AT REDONDO BEACH

Saturday, February 4 | 12:00 pm-12:50 pm

Learn how to improve your workouts with a kettlebell at this fun class that's perfect for all skill levels. Sign up on Bay Club Connect.

4-WEEK WARRIOR CHALLENGE AT EL SEGUNDO

Starts February 6 | 8:00 am

This 4-week program includes weekly in-body scans, nutritional guidance, and a sense of community to help you achieve your wellness goals. Cost is \$420 for 3 classes per week, or \$280 for 2 times a week. Reserve your spot today by emailing Mayra.escobar@bayclubs.com.

VALENTINE'S PUMP WITH SAM AT EL SEGUNDO

Tuesday, February 14 | 6:30 am-7:20 am

This revolutionary muscular endurance workout uses a barbell system that targets the body's major muscle groups. Great for all fitness levels.

2023 SWIM TEAM AT EL SEGUNDO

Is your swimmer ready for the competitive track? Kids of all swim levels will have a blast at this fun weekday program. For more information and to register, please contact Karrie Kamiya at Karrie.Kamiya@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

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
					Kids Night Out: Nerf Wars at El Segundo 5:00 pm-7:00 pm	Kettleball Clinic at Redondo Beach 12:00 pm-1:00 pm Family Swim at El Segundo 1:00 pm-3:00 pm
5	6	7	8	9	10	11
Family Swim at El Segundo 10:00 am-3:00 pm	Warrior Challenge Begins at El Segundo 8:00 am			Football Experience at Santa Monica 5:00 pm	Kid's Night Out: Valentine's Scavenger Hunt at El Segundo 5:00 pm-7:00 pm	Family Swim at El Segundo 1:00 pm-3:00 pm Glute Camp at Redondo Beach 12:00 pm-12:50 pm
12	13	14	15	16	17	18
Football Game Ride at El Segundo 9:00 am-9:50 am Family Swim at El Segundo 10:00 am-3:00 pm Football Experience at Santa Monica 5:00 pm		Valentina Vinyasa at El Segundo 10:30 am-11:30 am XOXO Ride with PK 5:30 pm Valentine Member Appreciation Santa Monica All Day		AllStar Fit Celebration Santa Monica 1:00 pm	Kid's Night Out: Glow in the Dark Sports at El Segundo 5:00 pm-7:00 pm	Fitness Showcase at El Segundo 9:00 am-10:00 am Family Swim at El Segundo 1:00 pm-3:00 pm
19	20	21	22	23	24	25
Family Swim at El Segundo 10:00 am-3:00 pm	Kids Camp at El Segundo 9:00 am-4:00 pm	Kids Camp at El Segundo 9:00 am-4:00 pm	Kids Camp at El Segundo 9:00 am-4:00 pm National Margarita Day Santa Monica Happy Hour	Kids Camp at El Segundo 9:00 am-4:00 pm Kids' Night Out at El Segundo 5:00 pm-7:00 pm	Kids Camp at El Segundo 9:00 am-4:00 pm Kid's Night Out: Dragon Egg Craft Night at El Segundo 5:00 pm-7:00 pm	Family Swim at El Segundo 1:00 pm-3:00 pm
26	27	28	1	2	3	4
Family Swim at El Segundo 10:00 am-3:00 pm						

Did you know you have two ways to make your monthly membership payments?

- Using a Card on File: Securely store your payment information and manually submit payments.
- Auto-Pay: The Club will have your balance automatically paid from your bank account.

Need to change your payment information? Log in to Bay Club Connect under "Billing". It's easier than ever to stay on top of your billing and make your membership payments before the end of the month!