



CLUB LIFE

MARCH 2023 • LA CAMPUS



SPRING INTO WELLNESS

As we welcome the spring equinox this month, let's also welcome a renewed commitment to health. Spring into wellness with us and celebrate family, festivities, and fitness!

CLUB HIGHLIGHTS

E-SPORTS KIDS NIGHT OUT AT EL SEGUNDO

Saturday, March 11 and March 25 | 4:00 pm-7:00 pm
Kids ages 10 to 14 will have a blast playing video games and spending time with friends.

READY, FIT, GO TASTE TESTING AT EL SEGUNDO

Tuesday, March 7 and March 21
Join us for some delicious, free samples from our friends at meal prep company Ready, Fit, Go. Bay Club members receive a discount.

HIIT THE DECK WITH ROBERT ROSE

Saturday, March 18 | 12:00 pm-12:50 pm
Get ready to sculpt your muscles with this total-body interval workout. Sign up on Bay Club Connect.



JOIN OUR TEAM

Looking for a new and exciting career with a great company? We'd love for you to be a part of our Bay Club team!

Scan the QR Code to see our openings.



KIDS 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

CHILDREN'S HIP HOP CLASSES AT EL SEGUNDO

Tuesday Evenings

4:00 pm-6:00 pm for ages 3-5

5:00 pm-7:00 pm for ages 6-9

Each Tuesday, Miss Dani will collect your kids from childcare at the Clubhouse for a fun, dance class. Each session includes 45 minutes of hip-hop class and an hour of childcare.

SIP & STRETCH SUNDAY AT SANTA MONICA

Sunday, March 12 | 1:00 pm

Beat the daylight savings blues while sipping on a glass of wine and getting a good stretch with this posture-improving class. For more information, visit Bay Club Connect.

INTERNATIONAL WOMEN'S DAY STRENGTH CLASSES AT EL SEGUNDO

Wednesday, March 8 | 8:00 am and 10:00 am

Join certified Personal Trainer, Carson Purcell, in this empowering workout. All levels are welcome. Sign-ups will be open 3 days before the event.

WOMEN'S SELF DEFENSE CLASS AT REDONDO BEACH

Saturday, March 11 | 10:30 am-11:20 am

Join former Sheriff's Deputy, defensive tactics instructor, and police academy fitness instructor Kyle Maddox to learn self-defense concepts and techniques to protect yourself and leave you feeling confident and capable. Sign up on Bay Club Connect.





ICONIC WOMEN'S RIDE AT EL SEGUNDO

WEDNESDAY, MARCH 29 | 4:30 PM

Come ready to sweat to Kristen's special Iconic Women playlist in honor of Women's History Month! This workout will include endurance runs, climbs, high intensity intervals, and drills.

SPORTS/FITNESS

GAME MONDAYS AND WARRIOR WEDNESDAYS AT SANTA MONICA

Mondays and Wednesdays | 6:00 pm

Learn new, exciting workouts on Mondays and show off your skills on Wednesdays to earn prizes. Sign up at fitness.bscm@bayclubs.com.

ATHLETIC STRETCHING AT EL SEGUNDO

Starts March 4 | 8:00 am-11:00 am

Work with a certified stretch therapist in 25- or 50-minute sessions. First come, first served. Email Mayra.escobar@bayclubs.com to purchase.

FOAM ROLLING AND RECOVERY WORKSHOP AT REDONDO BEACH

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

Relieve muscle tightness, prevent injury, and more at this relaxing event. All levels welcome. Sign up on Bay Club Connect.

ST. PADDY'S DAY FITNESS SHOWCASE AT EL SEGUNDO

Saturday, March 18 | 9:00 am

Join personal trainer, Garrett Boyce, in this HIIT workout. Feeling lucky? We will be raffling some goodies on this special day! Sign-ups will open 7 days prior on Bay Club Connect.





CALENDAR OF EVENTS

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
					Kids Night Out at El Segundo 5:00 pm-7:00 pm	Athletic Stretching at El Segundo 8:00 am-11:00 am Foam Rolling and Recovery at Redondo Beach 12:00 pm-12:50 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		Ready, Fit, Go Taste Testing Children's Hip-Hop Class 4:00 pm-6:00 pm 5:00 pm-7:00 pm	International Women's Day Strength Classes at El Segundo 8:00 am and 10:00 am Ladies Who Lift		Kids Night Out at El Segundo 5:00 pm-7:00 pm	Women's Self Defense at Redondo Beach 12:00 pm-1:00 pm Family Swim at El Segundo 1:00 pm-3:00 pm E-Sports KNO at El Segundo 4:00 pm-7:00 pm
12	13	14	15	16	17	18
Spring into Stages Cycle at El Segundo 9:00 am Family Swim at El Segundo 10:00 am-3:00 pm Sip & Stretch Sunday at Santa Monica 1:00 pm	Swim School Registration Opens for Existing Participants	Children's Hip-Hop Class at El Segundo 4:00 pm-6:00 pm & 5:00 pm-7:00 pm			St. Paddy's Day Cycle at Redondo Beach 8:00 am Kids Night Out at El Segundo 5:00 pm-7:00 pm Golden Coin Hunt at El Segundo All Day	St. Paddy's Day Fitness Showcase at El Segundo 9:00 am-10:00 am HIIT the Deck at Redondo Beach 12:00 pm-12:50 pm Family Swim at El Segundo 1:00 pm-3:00 pm
19	20	21	22	23	24	25
Body Pump Relaunch 124 at El Segundo 8:00 am Family Swim at El Segundo 10:00 am-3:00 pm	Spring into Fitness Celebration at Santa Monica 5:00 pm-8:00 pm	Ready, Fit, Go at El Segundo Children's Hip-Hop Class at El Segundo 4:00 pm-6:00 pm & 5:00 pm-7:00 pm		Puppy Yoga at Santa Monica 12:30 pm	Kids Night Out at El Segundo 5:00 pm-7:00 pm	Tai Chi with Chris Gee at Redondo Beach 12:00 pm-12:50 pm Family Swim at El Segundo 1:00 pm-3:00 pm E-Sports KNO at El Segundo 4:00 pm-7:00 pm
26	27	28	29	30	31	1
Family Swim at El Segundo 10:00 am-3:00 pm	Swim School Registration Opens for Existing Participants	Children's Hip-Hop Class at El Segundo 4:00 pm-6:00 pm & 5:00 pm-7:00 pm	Iconic Women's Ride at El Segundo 4:30 pm		Kids Night Out at El Segundo 5:00 pm-7:00 pm	



CLUB HOURS OF OPERATIONS

BAY CLUB REDONDO BEACH

Monday through Friday: 5:30 am-9:00 pm
Saturday and Sunday: 7:00 am-7:00 pm

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 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

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!