



# Club Life

April 2024 • LA Campus

## Spring is in the Air

Get out and get moving.



### Club Highlights

#### Beach Blast Workout

On April 27, grab your friends and join your Redondo Beach Personal Trainers for another beach workout!

#### Peak Performance Small Group

Join us at Redondo Beach for a HIIT strength and conditioning workout that will challenge you like never before! Enroll on Connect.

#### Spring Swim School

Registration is open at El Segundo! Only a few spots left for ages 3-12, so enroll on Connect! Questions? Email [Karrie.Kamiya@bayclubs.com](mailto:Karrie.Kamiya@bayclubs.com).



#### Shared Membership

Take advantage of our warm weather activities by adding your favorite people to your membership!

Scan to add your squad.

# Hospitality & Family

## National Walking Day

Wednesday, April 3 | 11:00 am-11:30 am

Join us at Santa Monica for a refreshing walk around the beautiful Water Garden. Smoothies to follow! RSVP to [Fitness.bcsm@bayclubs.com](mailto:Fitness.bcsm@bayclubs.com).

## Joy + Strength Workshop

Saturday, April 20 | 12:30 pm-2:30 pm

Join us for a nurturing two hours designed to support your connection with body, breath, and mind during pregnancy. \$55 members and \$65 non-members. Enroll on Connect.

## Earth Day Yoga

Monday, April 22 | 6:30 pm

Celebrate Earth Day with a relaxing yoga meditation class at Bay Club Santa Monica. Connect with Earth's energy and feel a deep sense of grounding. Enroll on Connect.

## Shared Membership

Parents, drop your little ones off and take time to work. Welcome spring with your favorite people and add up to five people to your membership!

## Kids' Night Out: El Segundo

Fridays | 5:00 pm-8:00 pm

Parents, drop your little ones off and take time to work out or have a date with your friends. They'll enjoy themed activities, bounce house play, and pizza! Enroll on Connect.



# Sports & Fitness

## Junior Guard Prep

Prep sessions for the Junior Guard program has started! Get your child prepared to pass by emailing [Karrie.Kamiya@bayclubs.com](mailto:Karrie.Kamiya@bayclubs.com) to register.

## Assisted Stretching

Now offered at Redondo Beach! A certified professional will guide you through a series of stretches to increase mobility. For prices and booking info, email [Meredith.Castelli@BayClubs.com](mailto:Meredith.Castelli@BayClubs.com).

## Spring Fitness Challenge

April 1-30

Our challenge at Santa Monica will help you reach new heights of strength, endurance, and overall wellness. \$528 for 8 half hour sessions. Email [Fitness.bcsm@bayclubs.com](mailto:Fitness.bcsm@bayclubs.com) for info.

## Body Mechanix: El Segundo

Mondays | 8:00 am

4-week program that covers rotational movements using the TRX and other equipment to help improve your rotation for pickleball, golf, & more! \$140 for 4 sessions. Enroll on Connect.



## New Endurance Training Classes

Various times

These strength-based cardio classes at Redondo Beach will challenge both your aerobic and anerobic systems. \$50 per class, first class free! Email [Ronnie.Anderson@bayClubs.com](mailto:Ronnie.Anderson@bayClubs.com).

# April 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 April Fools' Day Body Mechanix: El Segundo 8:00 am Treadmill 5:30 pm-6:30 pm	2	3 National Walking Day: Santa Monica 11:00 am-11:30 am Cardio Circuit 5:30 pm-6:30 pm	4 Breakaway Cycling 5:00 pm-6:00 pm	5 Kids' Night Out: Spring Slime: El Segundo 5:00 pm-8:00 pm	6 Max Laps: Intermediate Swim 12:30 pm-1:30 pm
7	8 Body Mechanix: El Segundo 8:00 am Treadmill 5:30 pm-6:30 pm	9	10 Cardio Circuit 5:30 pm-6:30 pm	11 Breakaway Cycling 5:00 pm-6:00 pm	12 Kids' Night Out: Toy Foam Battle: El Segundo 5:00 pm-8:00 pm	13 Max Laps: Intermediate Swim 12:30 pm-1:30 pm
14	15 Body Mechanix: El Segundo 8:00 am Treadmill 5:30 pm-6:30 pm	16	17 Cardio Circuit 5:30 pm-6:30 pm	18 Breakaway Cycling 5:00 pm-6:00 pm	19 Kids' Night Out: Donut Decorating: El Segundo 5:00 pm-8:00 pm	20 Max Laps: Intermediate Swim 12:30 pm-1:30 pm Joy + Strength Workshop: Santa Monica 12:30 pm-2:30 pm
21	22 Body Mechanix: El Segundo 8:00 am Treadmill 5:30 pm-6:30 pm Earth Day Yoga: Santa Monica 6:30 pm	23	24 Cardio Circuit 5:30 pm-6:30 pm	25 Breakaway Cycling 5:00 pm-6:00 pm	26 Kids' Night Out: Camp Clubhouse Tie Dye: El Segundo 5:00 pm-8:00 pm	27 Beach Blast: Redondo Beach 12:00 pm Max Laps: Intermediate Swim 12:30 pm-1:30 pm
28	29 Body Mechanix: El Segundo 8:00 am Treadmill 5:30 pm-6:30 pm	30	1	2	3	4



### Hours of Operation

**El Segundo**  
**Monday through Thursday:** 5:30 am-10:00 pm  
**Friday:** 5:00 am-9:00 pm  
**Saturday and Sunday:** 7:00 am-7:00 pm

**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

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

### Contact Customer Service:

Log into Connect → More Tab → Contact us  
 Here, you can submit requests regarding membership changes, billing questions, and modifying your Shared Membership roster.

### Change Your Payment Method:

Log into Connect → More Tab → Billing → Payment methods  
 → Select your payment method  
 Payments can be set up with a debit card or checking account with zero transactional fees, or a credit card with a 2.5% surcharge.