



# Club Life

May 2024 • LA Campus

## Your Summer Retreat

Where relaxation meets fitness and sports



### Club Highlights

#### GlideFit

GlideFit is a combination of yoga, pilates and high intensity interval training with the unique core stabilization challenges of a stand up paddleboard in the swimming pool! Enroll on Connect.

#### Recovery Packages

Did you know that a certified personal trainer can offer you recovery services? Consider a recovery package to keep you on your A game or educate you on ways to invest in yourself to live discomfort free.

#### Host a Private Party

Host your child's birthday at The Clubhouse at Bay Club El Segundo! For more information email [Family.BCES@bayclubs.com](mailto:Family.BCES@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

## Kids Night Out: El Segundo

Fridays | 5:00 pm - 8:00 pm

Drop your little ones off and take time to workout, have a coffee date with your friends or get some shopping done while your kids enjoy themed activities, a bounce house, and a pizza dinner! Ages 2 - 10. Enroll on Connect.

## Mother/Daughter Barre Class: Santa Monica

Saturday, May 11 | 12:00 pm-1:30 pm

What better way to spend time with mom than working out and getting in shape together? This Barre Strong class is a doable, full body toning class that's fun for all ages and taught by our very own, Wendy Senelick. Enjoy afternoon tea and treats after class. Enroll on Connect.

## Kids Events: Spa Movie Night: El Segundo

Saturday, May 25 | 4:00 pm-8:00 pm

Join us at The Clubhouse Spa! Come in your PJs and get creative with nail decoration, making your own scrub, and enjoy popcorn and a movie. Pizza dinner is included. Ages 2 -10. Enroll on Connect.



## Host a Private Party

Host your child's birthday at The Clubhouse at Bay Club El Segundo! For more information email [Family.BCES@bayclubs.com](mailto:Family.BCES@bayclubs.com).

# Sports & Fitness

## Outdoor Tai Chi Basics: Santa Monica

Sunday, May 5 | 11:00 am-12:00 pm

Learn the fundamental movements of Tai Chi under the gentle guidance of our experienced guest instructor, Margaret Olmsted. You'll flow gracefully through each posture as you synchronize breath with motion. Class will be held outdoors in the Serenity Garden. All levels are welcome.

## Assisted Stretch at Redondo Beach

A certified professional guides you through a series of stretches to increase mobility and flexibility. Over time, stretching has the ability to improve muscle, joint, and nerve function, as well as increase flexibility and help to alleviate pain. Email [Meredith.Castelli@BayClubs.com](mailto:Meredith.Castelli@BayClubs.com) to learn more.

## GlideFit

Sundays | 1:00 pm-2:00 pm

GlideFit is a combination of yoga, pilates and high intensity interval training with the unique core stabilization challenges of a stand of paddleboard in the swimming pool! Enroll on Connect.

## Shared Membership

Take advantage of nicer weather by trying an outdoor sport with your friends. Add up to five people to your membership today!

# Recovery Packages

Did you know that a certified personal trainer can offer you recovery services? Consider a recovery package to keep you on your A game or educate you on ways to invest in yourself to live discomfort free.



# May 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3 Kids' Night Out: Buggin' Arts and Crafts at El Segundo 5:00 pm-8:00 pm	4 Family Swim: El Segundo 1:00 pm-3:00 pm
5 Family Swim: El Segundo 10:00 am-3:00 pm GlideFit Class at Redondo Beach 1:00 pm-2:00 pm	6	7	8	9	10 Kids' Night Out Spring Science at El Segundo 5:00 pm-8:00 pm	11 Mother/Daughter Barre Class at Santa Monica 12:00 pm-1:30 pm Family Swim: El Segundo 1:00 pm-3:00 pm
12 Family Swim: El Segundo 10:00 am-3:00 pm GlideFit Class at Redondo Beach 1:00 pm-2:00 pm	13	14	15	16	17 Kid's Night Out: Glow in the Dark Mini Golf at El Segundo 5:00 pm-8:00 pm	18 Family Swim: El Segundo 1:00 pm-3:00 pm
19 Family Swim: El Segundo 10:00 am-3:00 pm GlideFit Class at Redondo Beach 1:00 pm-2:00 pm	20	21	22	23	24 Kid's Night Out: Laser Tag at El Segundo 5:00 pm-8:00 pm	25 Family Swim: El Segundo 1:00 pm-3:00 pm Kid's Spa Movie Night at El Segundo 4:00 pm-8:00 pm
26 Family Swim: El Segundo 10:00 am-3:00 pm GlideFit Class at Redondo Beach 1:00 pm-2:00 pm	27	28	29	30	31 Kid's Night Out: S'more Fun at El Segundo 5:00 pm-8:00 pm	1



### Hours Of Operation

**El Segundo**  
**Monday through Thursday:** 5:00 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 the APP → 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 the APP → 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.