



# Club Life

July 2024 • LA Campus

# Summer Fun Awaits

Everything you need for an unforgettable summer.



## Club Highlights

### Recovery Packages

Experience next level wellness with a personal trainer Recovery Package including athletic stretching, Myofascial release, and more.

### Host a Party

Make it an extra special birthday party for your kiddo by hosting it at The Clubhouse! Weekend afternoons are available.

### Small Group Pilates Reformer Classes

Come join a small group Pilates Reformer session at El Segundo for only \$35 per class.



### Shared Membership

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

Scan to add your squad.



### Summer Camps

The perfect solution for keeping kids engaged and inspired all summer.

Weekly camps and last-minute single-day options.

# Hospitality & Family

## Kids Night Out at El Segundo

Friday, July 12 | Nerf Battles  
Friday, July 19 | Summer Slime

Enjoy a Friday night out while your little ones enjoy all sorts of themed activities, bounce house play, and pizza! 5:00 pm-8:00 pm. Ages 2-10.

## Family Swim at El Segundo

Saturdays | 1:00 pm-3:00 pm  
Sundays | 10:00 am-3:00 pm

Have some fun with the whole family this summer during swim time in our Family Pool. Sign up on Connect or email [Family.BCES@bayclubs.com](mailto:Family.BCES@bayclubs.com) for more.

## Shared Membership

Enjoy this summer to the fullest by adding up to 5 of your favorite people to your Bay Club membership.



## Host a Party

Make it an extra special birthday party for your kiddo this year by hosting it at The Clubhouse! Weekend afternoons are available. Email [Family.BCES@bayclubs.com](mailto:Family.BCES@bayclubs.com) to get the party started.

# Sports & Fitness

## Hot Summer HIIT at Redondo Beach

Monday, July 15 | 9:00 am

Work up a sweat with Betsy in this special HIIT class featuring Tabata-style quick bursts of cardio and blocks of strength training for every major muscle group. Plus treats after class!

## Boxing Technique with Lerone McElrath at Santa Monica

Saturday, July 20 | 12:30 pm

Learn correct stance, breathing techniques, and proper form for the 4 basic punches. All levels welcome! Email [Madeleine.Lewis@Bayclubs.com](mailto:Madeleine.Lewis@Bayclubs.com) for more.

## Pilates & Popsicles at Santa Monica

Saturday, July 6 | 11:00 am

Enjoy a summertime treat after this complimentary core strengthening and body lengthening Pilates mat class. Email [Madeleine.Lewis@Bayclubs.com](mailto:Madeleine.Lewis@Bayclubs.com) to enroll.

## Strength Development at El Segundo

Mondays 8:30am | Thursdays 11:00 am

Join this 12-part series of progressive group workouts designed to build muscle, improve technique, and grow your confidence. All levels welcome.

# Recovery Packages

at El Segundo & Redondo Beach

Recovery services with a personal trainer can help keep you on your A game and living discomfort-free. Packages include athletic stretching, Myofascial release, and more. Email: [Garrett.Boyce@bayclubs.com](mailto:Garrett.Boyce@bayclubs.com) for details.



# July 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6 Pilates & Popsicles: Santa Monica 11:00 am Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
7 Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	8	9	10	11	12 Kids Night Out: Nerf Battles 5:00 pm-8:00 pm Kids Night Out: El Segundo	13 Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
14 Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	15 Hot Summer HIIT: Redondo Beach 9:00 am	16 Boxing Technique with Lerone McElrath: Santa Monica 12:30 pm	17	18	19 Kids Night Out: Summer Slime 5:00 pm-8:00 pm Kids Night Out: El Segundo	20 Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
21 Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	22	23	24	25	26 Kids Night Out: El Segundo	27 Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
28 Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	29	30	31	1	2	3



### 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

### Membership Payments:

Members are billed on the 1st of each month. Payments are due before the last day of the month via Connect, bill pay, or by mailing a check to:  
**The Bay Club Company, P.O. Box 511462, Los Angeles, CA 90051-8017.**

### Shared Memberships:

You can add a former member to your roster by submitting a Modify Shared Roster request under Contact Us on the Connect app. Please include the name, birth date, and email address of the person you would like to add.