



Club Life

October 2024 • Courtside

Your purpose. Your place.

Come for what matters: fitness, focus, and family.



Club Highlights

School Break Camps

Now open for registration! Keep your kids active during school breaks with our day camps, offering sports, creative activities, swimming, and more.

Stretch Room Open

Come check out our new stretch room, now open upstairs near the business office.

Spooky Movie & Pumpkins

Bring the kids to Boulder Ridge on October 18 for pumpkin decorating, a spooky movie, dinner, and treats!



Recovery Centers

Your complimentary amenity for restoring body and mind, boosting circulation, reducing inflammation, and more.

Scan to learn more.

Hospitality & Family

Kids in the Kitchen: Halloween Treats

Saturday, October 12 | 10:00 am-1:00 pm

Get ready for a spook-tacular culinary adventure! Mini chefs ages 4-12 will create monster Rice Krispies, pretzel broomsticks, witch hats, and more. Sign up now on Connect.

Member Social

Thursday, October 17 | 5:30 pm-6:30 pm

Join us for live music, light refreshments, games, and the chance to connect with other Bay Club members! Email Manny.Munoz@bayclubs.com for more details.

Kids Night Out at Boulder Ridge

Friday, October 18 | 6:00 pm-9:00 pm

Drop off the kids for a spooky, fun-filled night! They'll decorate pumpkins, enjoy pizza, and watch a Halloween-themed movie. Register on Connect.

Halloween Spooktacular

Saturday, October 26

Drop off your kids for a spook-tacular night at the Club featuring a Halloween costume contest, dance party, and trick-or-treating! Enroll on Connect.



Pumpkin Spice Facial

Embrace fall with our Pumpkin Spice Facial, featuring autumn spices and antioxidants to exfoliate and refresh your skin. Enjoy a complimentary pumpkin enzyme add-on for added radiance!

Sports & Fitness

Swim Lessons

Various Dates and Times

Our aquatics team is offering swim lessons for kids of all skill levels throughout October. Sign up now to be ready for summer swimming fun! Email Shaw.Cichowski@bayclubs.com for more information.

Sound Bath Workshop

Saturday, October 5 | 3:00 pm

Experience deep relaxation with our Crystal Serenity Sound Bath. Enjoy the soothing tones in a cozy sanctuary as you're guided through a yoga flow and mindfulness practice.

Yoga Basics Workshop

Saturday, October 19 | 12:30 pm

Learn yoga basics with essential alignment techniques, body modifications, and thoughtful posture adaptations for any past injuries.

HardCORE Small Group

Mondays & Wednesdays | 7:00 am

Join personal trainer Julia Blanton for a dynamic small group class focused on sculpting your glutes, tightening your core, and toning your upper body. Email Nicole.Miner@bayclubs.com for more.

Women's Transformation

Tuesdays & Thursdays 7:00 am & 10:00 am

Transform your fitness with a mix of strength and interval training in a supportive group setting. Start anytime and commit to twice a week!



October 2024

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Women's Transformation 7:00 am & 10:00 am Kids Martial Arts 4:00 pm-7:00 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	2 Mat Sculpt: Cover to Cover 9:00 am	3 Women's Transformation 7:00 am & 10:00 am Kids Martial Arts 4:00 pm-7:00 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	4	5 Kids Princess Party 10:00 am-1:00 pm Sound Bath Workshop 3:00 pm
6	7	8 Women's Transformation 7:00 am & 10:00 am Kids Martial Arts 4:00 pm-7:00 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	9 Mat Sculpt: Cover to Cover 9:00 am Mat Sculpt 12:30 pm	10 Women's Transformation 7:00 am & 10:00 am Kids Martial Arts 4:00 pm-7:00 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	11	12 Kids In the Kitchen: Halloween Treats 10:00 am-1:00 pm Tai Chi Workshop 2:00 pm
13	14	15 Women's Transformation 7:00 am & 10:00 am Kids Martial Arts 4:00 pm-7:00 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	16 Mat Sculpt: Cover to Cover 9:00 am Mat Sculpt 12:30 pm	17 Kids Martial Arts 4:00 pm-7:00 pm Member Social 5:30 pm-6:30 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	18 Kids Night Out: Boulder Ridge 6:00 pm-9:00 pm	19 Yoga Basics Workshop 12:30 pm
20 Female Rage: The Cycling Class 8:15 am	21 HardCORE Small Group 7:00 pm	22 Women's Transformation 7:00 am & 10:00 am Kids Martial Arts 4:00 pm-7:00 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	23 HardCORE Small Group 7:00 pm Mat Sculpt Cover to Cover 9:00 am	24 Kids Martial Arts 4:00 pm-7:00 pm Member Social 5:30 pm-6:30 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	25	26 Halloween Spooktacular 10:00 am-1:00 pm
27	28 HardCORE Small Group 7:00 pm	29 Women's Transformation 7:00 am & 10:00 am Kids Martial Arts 4:00 pm-7:00 pm Adult Jiu-Jitsu 7:00 pm-8:00 pm	30 HardCORE Small Group 7:00 pm Mat Sculpt Cover to Cover 9:00 am Mat Sculpt 12:30 pm	31 Women's Transformation 7:00 am & 10:00 am Trick or Treat at the Club 4:00 pm-6:00 pm	1	2



Club Hours

Monday through Thursday:
5:30 am-10:00 pm

Saturday and Sunday:
6:00 am-9:00 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.