



Club Life

October 2024 • LA Campus

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.

TRX Training Workshop

Join this complimentary workshop at El Segundo on 10/9 and learn how to get a full-body workout with TRX.

Halloween Thriller Series

Learn the iconic '80s music video choreography in our Sunday sessions, then show off your moves at the Halloween Dance Fest on the 27th!



Recovery Centers

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

Scan to learn more.

Hospitality & Family

Kids Night Out at El Segundo

Every Friday | 5:00 pm-8:00 pm

Drop the kids off to enjoy a night of themed activities, bounce house fun, and a pizza dinner. October themes include: Spooky Science Night, Halloween Cookie Decorating, and more! Sign up now on Connect.

Master Class: Self Defense at Santa Monica

Tuesday, October 15 | 7:30 pm-8:30 pm

This high-energy self-defense workshop features individual and partner drills for all ages and backgrounds. Complimentary for members and guests! Sign up on Connect or email Madelein.Lewis@bayclubs.com.

Annual Floating Pumpkins

October 26 & 27 | Times Vary

Join us in the Family Pool at El Segundo for a festive swim in our very own floating pumpkin patch. It's a splash-tacular way to celebrate the season with fun for the whole family.

Shared Membership

Add your squad to your membership and enjoy fun fall events together, like our Cornhole Tournament, Sip & Dip Fridays, or Cardio Hoops!

Teen S.P.O.R.T. Training

Tuesdays | 3:30 pm

Train with Darian White at El Segundo and level up your athletic abilities through Sport, Performance, Optimization, Rehabilitative, Therapy training for ages 10-18. \$40 per class. Register on Connect. Email Darian.White@bayclubs.com for more details.



Sports & Fitness

Tai Chi and Qigong Fundamentals

Sunday, October 6 | 10:30 am-11:30 am

Experience Tai Chi in the Serenity Garden at Santa Monica with guest instructor Margaret Olmsted. Flow through graceful movements and breath synchronization in this session for all levels. Complimentary for members and guests.

Annual Spooky Spin at Santa Monica

Tuesday, October 29 | Class Times Vary

Embrace the spooky season while staying fit in this exhilarating cycling class with challenging climbs and festive beats. Halloween costumes are highly encouraged for a spine-tingling ride.

Halloween Group Fitness

Thursday, October 31 | Class Times Vary

Celebrate Halloween with a fitness twist at Redondo Beach. Get toned with Pumpkin Pilates, flow in Glow Yoga, or battle it out in our Zombie Class!

Pickleball Lessons with Dr. Josh

Monday-Friday | Various Times

Take your pickleball game up a notch with pro training from Dr. Josh at El Segundo. Lessons available for all skill levels. \$40 Member / \$50 Non-members. Email Lloyd.Cook@bayclubs.com for details.



Sports Performance Training

Learn to train like a high-level athlete with Coach Will Wolf at Santa Monica. This 6-week program boosts strength, speed, and agility, and includes a complimentary movement assessment. Email Fitness.BCSM@bayclubs.com to sign up!

October 2024

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Kids Night Out El Segundo 5:00pm-8:00pm	2	3	4	5
6 Thriller Series: El Segundo 8:30 am Tai Chi and Qigong Fundamentals: Santa Monica 10:30 am	7	8	9 TRX Workshop: El Segundo 10:00 am-11:00 am	10	11 Kids Night Out Spooky Science Night: El Segundo 5:00 pm-8:00 pm	12
13 Thriller Series: El Segundo 8:30 am	14	15 MasterClass: Self Defense and Awareness Class: Santa Monica 7:30 pm-8:30 pm	16	17	18 Kids Night Out Halloween Cookie Decorating: El Segundo 5:00 pm-8:00 pm	19
20 Thriller Series: El Segundo 8:30 am	21	22	23	24	25 Kids Night Out Pumpkin Decorating: El Segundo 5:00 pm-8:00 pm	26 Annual Floating Pumpkins: El Segundo 1:00 pm-3:00 pm
27 Annual Floating Pumpkins: El Segundo 10:00 am-3:00 pm Thriller Series: El Segundo 8:30 am	28	29 Annual Spooky Spin: Santa Monica 7:30 am-8:30 am	30	31 Halloween Group Fitness: Redondo Beach Various Classes	1	2



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.