



Club Life

October 2024 • Portland

Your purpose. Your place.

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



Club Highlights

New Member Social

New to the Club and want to learn more about what we offer? Head on up to the restaurant for this fun social!

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.

Halloween Spooktacular

Enter our spooky coloring contest for a chance to win special prizes, then join us at our annual Halloween Party!



Recovery Centers

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

Scan to learn more.

Hospitality & Family

Halloween Spooktacular

Sunday, October 13 | 2:00 pm-4:00 pm

Get into the Halloween spirit with spooky inflatables on the courts and treats for both kids and adults.

Third Thursday

Thursday, October 17 | 6:00 pm-8:00 pm

Raise a glass with us at the restaurant! Enjoy a complimentary wine tasting and mingle with fellow members at this monthly social event.

Fit Talk

Thursday, October 17 & 24 | 6:00 pm

Join us for our monthly Fit Talk series where we'll cover the essentials of menopause in the first session and healthy weight loss and maintenance in the second session. Enroll on Connect.

Spooky Splash Bash

Friday, October 18 | 4:00 pm-7:00 pm

Get ready to dive into some fun at our first-ever Spooky Splash Bash! For more information or to sign up, email Erica.Hafen@bayclubs.com.



School Break Camps

October 9, 10, 11, 24 & 25

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

Sports & Fitness

BCSA: Basketball

Mondays & Wednesdays | 5:45 pm–7:15 pm

Sharpen your basketball skills in our clinics, tailored for every level—from beginner to advanced. Sign up on Connect.

BCSA: Rock Climbing

Tuesdays & Thursdays | 5:30 pm–7:30 pm

Improve your rock climbing, bouldering, and balance each week while enjoying the camaraderie of fellow climbers. Enroll on Connect.

Pop-up Yoga Specialty Classes

Tuesdays | 6:00 pm

In these specialty classes you will learn how to stretch smart instead of stretching more. Join us to learn how to do the splits and headstands. Enroll on Connect.

Boxing

Saturdays | 9:00 am–9:50 am

Experience a full-body workout with trainer Lawrence Martin featuring bag work, boxing, and footwork to boost your strength. Enroll on Connect.



H.I.I.T. Squad

**Tuesdays & Thursdays
11:30 am–12:15 pm**

Challenge your cardiovascular system while also integrating strength training on the EDGE to help achieve your performance goals. Enroll on Connect!

October 2024

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 H.I.I.T. Squad 11:30 am-12:15 pm Taco Tuesday 4:00 pm-9:00 pm New Member Social 5:30 pm	2 Kids Night in the Restaurant 4:00 pm-9:00 pm BCSA: Basketball 5:45 pm-7:15 pm	3 H.I.I.T. Squad 11:30 am-12:15 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	4 Family Fun Friday 4:00 pm-9:00 pm Family Zumba 6:00 pm-6:25 pm	5 Boxing 9:00 am-9:50 am
6 Kids Climb Time 11:00 am-1:00 pm Belay Certification Class 3:00 pm-5:00 pm	7 BCSA: Basketball 5:45 pm-7:15 pm	8 H.I.I.T. Squad 11:30 am-12:15 pm Taco Tuesday 4:00 pm-9:00 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	9 Camp 9:00 am-4:00 pm Kids Night in the Restaurant 4:00 pm-9:00 pm BCSA: Basketball 5:45 pm-7:15 pm	10 Fall Break Camp 9:00 am-4:00 pm H.I.I.T. Squad 11:30 am-12:15 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	11 Camp 9:00 am-4:00 pm Family Fun Friday 4:00 pm-9:00 pm Family Zumba 6:00 pm-6:25 pm	12 Boxing 9:00 am-9:50 am
13 Kids Climb Time 11:00 am-1:00 pm Spooktacular 2:00 pm-4:00 pm	14 Club Hours 7:00 am-9:00 pm BCSA: Basketball 5:45 pm-7:15 pm	15 H.I.I.T. Squad 11:30 am-12:15 pm Taco Tuesday 4:00 pm-9:00 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	16 Kids Night in the Restaurant 4:00 pm-9:00 pm BCSA: Basketball 5:45 pm-7:15 pm	17 H.I.I.T. Squad 11:30 am-12:15 pm BCSA: Rock Climbing 5:30 pm-7:00 pm Third Thursday 6:00 pm-8:00 pm	18 Sip & Shop 10:00 am-1:00 pm Family Fun Friday 4:00 pm-9:00 pm Family Zumba 6:00 pm-6:25 pm	19 Boxing 9:00 am-9:50 am
20 Kids Climb Time 11:00 am-1:00 pm Belay Certification Class 3:00 pm-5:00 pm	21 BCSA: Basketball 5:45 pm-7:15 pm	22 H.I.I.T. Squad 11:30 am-12:15 pm Taco Tuesday 4:00 pm-9:00 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	23 Kids Night in the Restaurant 4:00 pm-9:00 pm BCSA: Basketball 5:45 pm-7:15 pm	24 Camp 9:00 am-4:00 pm H.I.I.T. Squad 11:30 am-12:15 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	25 Camp 9:00 am-4:00 pm Family Fun Friday 4:00 pm-9:00 pm Family Zumba 6:00 pm-6:25 pm	26 Boxing 9:00 am-9:50 am
27 Kids Climb Time 11:00 am-1:00 pm Belay Certification Class 3:00 pm-5:00 pm	28 BCSA: Basketball 5:45 pm-7:15 pm	29 H.I.I.T. Squad 11:30 am-12:15 pm Taco Tuesday 4:00 pm-9:00 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	30 Halloween Thriller Dance Party 10:30 am Kids Night in the Restaurant 4:00 pm-9:00 pm BCSA: Basketball 5:45 pm-7:15 pm	31 H.I.I.T. Squad 11:30 am-12:15 pm BCSA: Rock Climbing 5:30 pm-7:00 pm	1	2



Club Hours

Monday through Friday:

5:00 am-10:00 pm

Saturday and Sunday:

7:00 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.