

PRO
CLUB

Club Life

December 2024 • PRO Club



Your Season to Shine

Find joy in fitness, family
and festivities

Club Highlights

12 Days of Fitmas

Get in the holiday spirit with festive themed group fitness classes December 1-12.

12 Days of Beauty

Celebrate with exclusive offers from the Spa & Salon and Medical Spa all month on Instagram.

NYE Family Fun

Ring in the New Year with inflatables, special guests, craft activities, and an exciting balloon drop!



Holiday
Happiness
Toy Drive



Now through December 20, bring a new, unwrapped toy to the Club or scan the QR code to donate online.

Hospitality & Family

DIVE-in Holiday Movie Night

Saturday, December 14 | 4:00 pm-7:00 pm

Bring a new, unwrapped toy to donate and enjoy a festive holiday movie in the pool during Family Fun Night. Complimentary for members. Guests are welcome; regular fees apply.

Winter Camps

Make this winter break funforgettable! Our camps are the perfect place for your kiddo to connect with friends, discover new passions, and enjoy tons of fun activities. Open to ages 3-12. Guests are welcome, and members save 25%. Enroll now on Connect.

Family Fun Night

Saturdays | 4:00 pm-7:00 pm

Enjoy fun activities for the whole family, including badminton, table tennis, basketball, inflatables, and more in the Pavilion. Plus, family swim and pool toys in the Aquatic Center. Complimentary for members and guests are welcome.

Now Hiring!

We're looking for enthusiastic team members to engage with young kids in our Discovery Bay daycare as well as our Pre-K and Kindergarten classes in The Learning Academy. Email DiscoveryBay@proclub.com for more details.

'Give & Get' Gift Card Event

Now through December 24

Our Annual Bonus Gift Card Event is here! Purchase \$150 in gift cards and receive a \$10 bonus gift card. Spend \$250 and get a \$20 bonus, or purchase \$500 or more and earn a \$50 bonus gift card! Visit us in the Club to purchase.



Sports & Fitness

Youth and Adult Basketball Programs

Join our Winter Group Lessons & Clinics, featuring options for beginners and skill-focused clinics for intermediate players. Varsity Hoop Teams for grades 3-8 offer practices and weekend competitions. Private lessons are also available for all skill levels. Email Pavilion@proclub.com for more.

Lifeguard Certification Course

December 27-29 | 10:00 am-5:00 pm

Learn essential lifeguard skills, including water rescue, First Aid, and CPR, and earn a 2-year American Red Cross certification upon successful completion.

CrossFit Bel-Red

Whether you're a beginner or an experienced athlete ready for a new challenge, live your healthiest life and join a supportive community with CrossFit. PRO Club members save 20%! Email CrossFitBellevue@proclub.com for details.

Strength & Conditioning Center

Monday-Saturday | Times Vary

Take your fitness to the next level with world-class coaching and programs for all fitness levels. Whether it's hitting personal records, shedding body fat, or increasing strength, our experts are here to guide you. Email StrengthConditioningCenter@proclub.com for details.



Group Swim Lessons

January-March

Pre-enrollment begins December 11 for group swim lessons for children and adults. Lessons are based on instructor availability, and we're happy to help match you with the right one! Email AquaticsInfo@proclub.com for more details.

December 2024

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>12 Days of Fitmas Begins: Bellevue</p> <p>Next Level Vinyasa Yoga: Bellevue 10:30 am-11:25 am</p> <p>PRO Bollywood: Bellevue 10:30 am-11:25 am</p>	<p>2</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 5:30 pm-6:25 pm</p> <p>Varsity Hoops Tryouts (Grades 6-8): Bellevue 4:30 pm-6:00 pm</p>	<p>3</p> <p>Mountain Conditioning: Bellevue 5:30 am-7:00 am</p> <p>Varsity Hoops Tryouts (Grades 3-5): Bellevue 4:30 pm-6:00 pm</p>	<p>4</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 12:00 pm-12:55 pm, 6:00 pm-6:55 pm</p> <p>Varsity Hoops Tryouts (Grades 6-8): Bellevue 4:30 pm-6:00 pm</p>	<p>5</p> <p>Mountain Conditioning: Bellevue 5:30 am-7:00 am</p> <p>Varsity Hoops Tryouts (Grades 3-5): Bellevue 4:30 pm-6:00 pm</p>	<p>6</p> <p>12 Days of Beauty begins: Bellevue</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am</p>	<p>7</p> <p>Pilates Reformer: Bellevue 8:30 am-9:20 am</p> <p>PRO Strike: Bellevue 9:00 am-9:55 am</p> <p>Family Fun Night: Bellevue 4:00 pm-7:00 pm</p>
<p>8</p> <p>Next Level Vinyasa Yoga: Bellevue 10:30 am-11:25 am</p> <p>PRO Bollywood: Bellevue 10:30 am-11:25 am</p>	<p>9</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 5:30 pm-6:25 pm</p>	<p>10</p> <p>Mountain Conditioning: Bellevue 5:30 pm-6:25 pm</p>	<p>11</p> <p>Group Swim Lessons Pre-enrollment: Bellevue</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 12:00 pm-12:55 pm, 6:00 pm-6:55 pm</p>	<p>12</p> <p>Mountain Conditioning: Bellevue 5:30 am-7:00 am</p> <p>Pilates Reformer: Bellevue 5:30 pm-6:25 pm</p>	<p>13</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am</p>	<p>14</p> <p>Winter Showcase</p> <p>PRO Strike: Bellevue 9:00 am-9:55 am</p> <p>DIVE in Aquatic Holiday Movie Night 4:00 pm-7:00 pm</p>
<p>15</p> <p>Next Level Vinyasa Yoga: Bellevue 10:30 am-11:25 am</p> <p>PRO Bollywood: Bellevue 10:30 am-11:25 am</p>	<p>16</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 5:30 pm-6:25 pm</p>	<p>17</p> <p>Mountain Conditioning: Bellevue 5:30 am-7:00 am</p>	<p>18</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 12:00 pm-12:55 pm, 6:00 pm-6:55 pm</p>	<p>19</p> <p>Group Swim Lessons: Open Enrollment</p> <p>Mountain Conditioning: Bellevue 5:30 am-7:00 am</p> <p>Pilates Reformer: Bellevue 5:30 pm-6:25 pm</p>	<p>20</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am</p>	<p>21</p> <p>Pilates Reformer: Bellevue 8:30 am-9:20 am</p> <p>PRO Strike: Bellevue 9:00 am-9:55 am</p> <p>Family Fun Night: Bellevue 4:00 pm-7:00 pm</p>
<p>22</p> <p>Next Level Vinyasa Yoga: Bellevue 10:30 am-11:25 am</p> <p>PRO Bollywood: Bellevue 10:30 am-11:25 am</p>	<p>23</p> <p>Winter Break Camp: Bellevue 9:00 am-5:00 pm</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 5:30 pm-6:25 pm</p>	<p>24</p> <p>Holiday Hours Bellevue & Seattle: 6:00 am-2:00 pm</p>	<p>25</p> <p>All Clubs: Closed</p>	<p>26</p> <p>Winter Break Camp: Bellevue 9:00 am-5:00 pm</p> <p>Pilates Reformer: Bellevue 5:30 pm-6:25 pm</p>	<p>27</p> <p>Winter Break Camp: Bellevue 9:00 am-5:00 pm</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am</p> <p>Lifeguard Certification Course 10:00 am-5:00 pm</p>	<p>28</p> <p>Pilates Reformer: Bellevue 8:30 am-9:20 am</p> <p>Lifeguard Certification Course 10:00 am-5:00 pm</p> <p>Family Fun Night: Bellevue 4:00 pm-7:00 pm</p>
<p>29</p> <p>Lifeguard Certification Course 10:00 am-5:00 pm</p> <p>Next Level Vinyasa Yoga: Bellevue 10:30 am-11:25 am</p> <p>PRO Bollywood: Bellevue 10:30 am-11:25 am</p>	<p>30</p> <p>Winter Break Camp: Bellevue 9:00 am-5:00 pm</p> <p>Pilates Reformer: Bellevue 9:30 am-10:25 am, 5:30 pm-6:25 pm</p>	<p>31</p> <p>Holiday Hours Bellevue & Seattle: 6:00 am-8:00 pm</p> <p>Winter Break Camp: Bellevue 9:00 am-5:00 pm</p> <p>New Year's Eve Family Fun Event 5:30 pm-7:30 pm</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>



Hours Of Operation

Bellevue

Monday through Friday:

5:00 am-11:00 pm

Saturday and Sunday:

7:00 am-10:00 pm

Seattle

Monday through Friday:

6:00 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.