



Club Life

January 2025 • Portland

BELONG *to something* BIGGER



Club Highlights

Sound Bath

Connect with your breath and unwind in a soothing sound bath to restore clarity, energy, and peace.

Sip & Shop

Stop by The Shop for some bubbly and appetizers while you peruse our exclusive member discounts.

Family Zumba

Gather the family for some fun with easy-to-follow dance moves and upbeat music every Friday night.



Shared Membership

Add up to 5 people to your membership and team up to make 2025 your best year yet—together.

Scan to add your squad.

Hospitality & Family

Sip & Shop

Wednesday, January 15 | 10:00 am-1:00 pm

Stop by The Shop to enjoy some bubbly and appetizers while you peruse exclusive discounts and unique gift ideas.

Third Thursday

Thursday, January 16 | 6:00 pm-8:00 pm

Join us in the restaurant for our monthly social, featuring a complimentary wine tasting and a chance to meet your fellow members.

Pickleball & Pinot

Thursday, January 16 | 6:00 pm-8:00 pm

Enjoy an exciting evening of pickleball on the courts and unwind with a glass of pinot in the restaurant afterwards. It's truly the perfect pairing.

Wild for Wibit

Friday, January 24 | 4:00 pm-6:00 pm

Love a good challenge? Come try out the Wibit inflatable obstacle course in our indoor pool! Kids will need to pass the swim safety test to join the action.



Winter Break Camps

Members save 25% on winter break fun! Guests are welcome to join and experience a variety of activities packed into each day at camp. Secure your spot now on Connect.

Sports & Fitness

Basketball Clinics

Wednesdays | 5:45 pm-7:15 pm

Come sharpen your skills in our weekly basketball clinics, tailored for any level—from beginner to advanced. Sign up now 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.

Boxing

Wednesdays & Saturdays | Times Vary

Get a full-body workout with trainer Lawrence Martin, focusing on bag work, boxing techniques, and footwork to enhance your strength and agility. Secure your spot today on Connect.

Sound Bath & Breath

Thursdays | 6:45 pm-7:35 pm

Experience an energizing breathwork practice followed by a soothing sound bath to restore mental clarity and peace, guiding you into deep relaxation. Enroll on Connect.



Winter ELEVATE Session

Starts Monday, January 6

Kick off the new year with our 8-week ELEVATE program, featuring 32 workouts and personalized nutrition guidance. Email Jason.Buhay@bayclubs.com for more info.

January 2025

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			Club Hours 7:00 am-9:00 pm Winter Break Camp 9:00 am-4:00 pm Boxing 11:30 am-12:20 pm	Winter Break Camp 9:00 am-4:00 pm H.I.I.T. Squad 11:30 am-12:15 pm	Winter Break Camp 9:00 am-4:00 pm Family Fun Friday 4:00 pm-9:00 pm Family Zumba 4:30 pm-5:20 pm	Boxing 9:00 am-9:50 am
5	6	7	8	9	10	11
Kids Climb Time 11:00 am-1:00 pm Belay Certification Class 3:00 pm-5:00 pm	Winter ELEVATE Starts	H.I.I.T. Squad 11:30 am-12:15 pm Taco Tuesday 4:00 pm-9:00 pm	Boxing 11:30 am-12:20 pm BCSA: Basketball 5:45 pm-7:15 pm	H.I.I.T. Squad 11:30 am-12:15 pm	Family Fun Friday 4:00 pm-9:00 pm Family Zumba 4:30 pm-5:20 pm	Boxing 9:00 am-9:50 am
12	13	14	15	16	17	18
Kids Climb Time 11:00 am-1:00 pm Belay Certification Class 3:00 pm-5:00 pm		H.I.I.T. Squad 11:30 am-12:15 pm Taco Tuesday 4:00 pm-9:00 pm Winter Basketball League 7:00 pm-10:00 pm	Sip & Shop 10:00 am-1:00 pm Boxing 11:30 am-12:20 pm BCSA: Basketball 5:45 pm-7:15 pm	H.I.I.T. Squad 11:30 am-12:15 pm Third Thursday 6:00 pm-8:00 pm Pickleball & Pinot 6:00 pm-8:00 pm	Winter Break Camp 9:00 am-4:00 pm Family Fun Friday 4:00 pm-9:00 pm Family Zumba 4:30 pm-5:20 pm	Boxing 9:00 am-9:50 am
19	20	21	22	23	24	25
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26	27	28	29	30	31	1
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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.