



Club Life

January 2025 • PRO Club

BELONG *to something* **BIGGER**



Club Highlights

Family Fun Night

Enjoy family-friendly fun, pool activities, table tennis, and more every Saturday night. Complimentary for members.

January Clearance Sale

Shop discounts all month long at the Spa & Salon and Pro Shop!

Bellevue Café

Enjoy a smoothie, snack or grab & go meal at the Café.



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

Winter Break Camp

Monday, January 20 | 9:00 am–5:00 pm

When school's on holiday, camp is in session! Join us for a fun day packed with games, sports, water fun, creative projects, and more for ages 4-12.

Executive Lockers

Indulge in luxury with a personal locker, refreshed daily with plush spa robes and slippers, a complimentary beverage bar, and your own private shower. Limited availability; monthly membership required.

Daddy-Daughter Dance

Saturday, February 8 | 4:00 pm–6:00 pm

Step into a glamorous, Hollywood-inspired evening of dancing, activities, photo ops, and more. Dress to impress for an unforgettable night for dads and daughters ages 4+. Cost: \$25 per person.

We're Hiring!

We're looking for energetic team members to work with young children in our Discovery Bay daycare and Pre-K & Kindergarten classes at The Learning Academy. For more details, email DiscoveryBay@proclub.com.

Limited-Time Medical Spa Deal

Buy two dermal fillers and get 25 units of Botox or 75 units of Dysport free! Smooth fine lines, restore volume, and refresh your natural beauty—all in one session.



Sports & Fitness

Adult Pickup Basketball Drop-Ins

Mondays, Wednesdays, Fridays | 12:00 pm–2:00 pm

Come join us for lunchtime hoops at Bellevue! Stay active, sharpen your skills, and enjoy some friendly competition to break up the day.

Pilates Reformer: Monthly Enrollment

Starting January 6, monthly enrollment for Pilates Reformer classes will be available. Buy a session package that allows you to enjoy a set day and time each week, cost at \$22.50 per class. Email Pilates@proclub.com to enroll. Drop-ins will still be available for \$35.00.

Pilates Reformer Pop-Up

Wednesday, January 29 | All Day

Come experience a 1:1 session with an instructor, try the Pilates Chair, and receive free swag just for participating! This complimentary event in Bellevue is open to ages 14+.

Restorative Yoga & Sound Bath

Sunday, February 2 | 4:30 pm & 6:30 pm

Energize and restore with a gentle yoga practice followed by a soothing sound bath to promote clarity and deep relaxation. Cost: \$35.



IGNITE at PRO Club Seattle

Various dates & times

Fire up your metabolism and motivation with strategic high intensity strength and cardio. Enroll on Connect.

January 2025

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			Medical Spa Offers Launch: Bellevue Available through January January Clearance Sale: Spa & Salon and Pro Shop Available through January	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm IGNITE: Seattle 6:00 pm-6:50 pm	Triple Threat Circuit: Seattle 7:00 am-7:50 am	Family Fun Night: Bellevue 4:00 pm-7:00 pm
5	6	7	8	9	10	11
Gentle Flow Yoga: Seattle 10:00 am-10:55 am	Online Scheduling Now Available at Spa & Salon: Bellevue Pilates Reformer Class: Bellevue 9:30 am, 5:30 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm IGNITE: Seattle 6:00 pm-6:50 pm	Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm Pilates Reformer Class: Bellevue 5:30 pm IGNITE: Seattle 6:00 pm-6:50 pm	Triple Threat Circuit: Seattle 7:00 am-7:50 am Pilates Reformer Class: Bellevue 9:30 am	Pilates Reformer Class: Bellevue 8:30 am, 9:30 am Family Fun Night: Bellevue 4:00 pm-7:00 pm
12	13	14	15	16	17	18
Gentle Flow Yoga: Seattle 10:00 am-10:55 am	Pilates Reformer Class: Bellevue 9:30 am, 5:30 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm IGNITE: Seattle 6:00 pm-6:50 pm	Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm Pilates Reformer Class: Bellevue 5:30 pm IGNITE: Seattle 6:00 pm-6:50 pm	Triple Threat Circuit: Seattle 7:00 am-7:50 am Pilates Reformer Class: Bellevue 9:30 am	Pilates Reformer Class: Bellevue 8:30 am, 9:30 am Family Fun Night: Bellevue 4:00 pm-7:00 pm
19	20	21	22	23	24	25
Gentle Flow Yoga: Seattle 10:00 am-10:55 am	Winter Break Camp 9:00 am-5:00 pm Pilates Reformer Class: Bellevue 9:30 am, 5:30 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm IGNITE: Seattle 6:00 pm-6:50 pm	Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm Pilates Reformer Class: Bellevue 5:30 pm IGNITE: Seattle 6:00 pm-6:50 pm	Triple Threat Circuit: Seattle 7:00 am-7:50 am Pilates Reformer Class: Bellevue 9:30 am	Pilates Reformer Class: Bellevue 8:30 am, 9:30 am Family Fun Night: Bellevue 4:00 pm-7:00 pm
26	27	28	29	30	31	1
Gentle Flow Yoga: Seattle 10:00 am-10:55 am	Pilates Reformer Class: Bellevue 9:30 am, 5:30 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm IGNITE: Seattle 6:00 pm-6:50 pm	Pilates Reformer Pop-Up: Bellevue All Day Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	R/DE 45 Cycling: Seattle 12:00 pm-12:50 pm Pilates Reformer Class: Bellevue 5:30 pm IGNITE: Seattle 6:00 pm-6:50 pm	Triple Threat Circuit: Seattle 7:00 am-7:50 am Pilates Reformer Class: Bellevue 9:30 am	



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.