



Club Life

February 2025 • PRO Club

SHARE *the* LOVE

Make togetherness part of the routine.



Club Highlights

Racquet Sports at PRO

Enjoy tennis, squash, pickleball, and more with leagues, lessons, and casual play for all skill levels.

Get Started Session

Book your free 55-minute personal training session to explore Club equipment and get a workout plan just for you.

New: Online Scheduling

You can now schedule select 60-minute services at The Salon & Spa online for your convenience.



Shared Membership

Share the place you love with the people you love. For a limited time, enjoy a \$0 processing fee for Shared Add-ons.

Scan to start adding.

Hospitality & Family

Daddy-Daughter Dance

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

Experience a Hollywood-inspired evening of dancing, activities, and photo ops at this special event for dads and daughters, ages 4+. \$25 per person. Register on Connect.

PRO Summer Camps

Registration opens this month! You can explore all our camp offerings, enjoy special member pricing, and reserve your spot directly on Connect for a summer of fun and adventure for ages 4-15.

Kids Fit Lab

Monday-Thursday | 4:30 pm-5:15 pm

Kids ages 9-13 can build healthy fitness habits in this popular circuit experience with cardio and strength building exercises. Registration required—sign up now on Connect.

CoolSculpting Special

Now-February 15

For a limited time, buy one CoolSculpting treatment and get a second at 50% off! This non-invasive procedure requires no downtime and delivers amazing, lasting results. Call 425.861.6281 to book your consultation.

Valentine Spa Packages

Treat yourself or surprise a loved one with a rejuvenating experience at The Spa & Salon. Our special February packages are designed to pamper and delight—schedule yours today before they fill up! Call us at 425.274.2744.



Sports & Fitness

Restorative Yoga & Sound Bath

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

Relax and restore with gentle yoga followed by a healing sound bath to promote clarity and deep relaxation. Cost: \$35 per person. Enroll on Connect.

Pilates Reformer: Monthly Enrollment

Commit to a weekly Reformer class with monthly enrollment, averaging just \$22.50 per session. Classes available on Mondays and Wednesday through Saturdays. Email Pilates@proclub.com to enroll.

Squash Programs

With nine regulation-sized courts, expert coaches, world-class programs, and lessons for all ages and skill levels, PRO is the perfect place to discover your love for the game of squash. Email SKhan@proclub.com for more info.

Dolomites & Sahara Adventures

July 6-11 | September 18-25

Experience a 6-day hike in the Dolomites or an 8-day trek to Toubkal Peak and the Sahara. Both offer breathtaking landscapes and lasting memories! For more info, email JFitchitt@proclub.com (Dolomites) or TWhelan@proclub.com (Sahara).



20/20 LifeStyles Exclusive

Reach your goals with our 4-week Jumpstart Program that includes body composition testing, personal training, and dietitian sessions. Email NBakken@proclub.com to enroll.

February 2025

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Pilates Reformer Class: Bellevue 8:30 am & 9:30 am Family Fun Night: Bellevue 4:00 pm-7:00 pm
2 Gentle Flow Yoga: Seattle 10:00 am-10:55 am Restorative Yoga & Sound Bath Workshop: Bellevue 4:30 pm-6:00 pm, 6:30 pm-8:00 pm	3 Pilates Reformer Class: Bellevue 9:30 am & 5:30 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	4 Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	5 Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	6 Kids Fit Lab: Bellevue 4:30 pm-5:15 pm Pilates Reformer Class: Bellevue 5:30 pm	7 Triple Threat Circuit: Seattle 7:00 am-7:50 am Pilates Reformer Class: Bellevue 9:30 am	8 Pilates Reformer Class: Bellevue 8:30 am & 9:30 am Daddy-Daughter Dance: Bellevue 4:00 pm-6:00 pm Family Fun Night: Bellevue 4:00 pm-7:00 pm
9 Gentle Flow Yoga: Seattle 10:00 am-10:55 am	10 Pilates Reformer Class: Bellevue 9:30 am & 5:30 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	11 Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	12 Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	13 School Break Camp Bellevue 9:00 am-5:00 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm Pilates Reformer Class: Bellevue 5:30 pm	14 Triple Threat Circuit: Seattle 7:00 am-7:50 am School Break Camp Bellevue 9:00 am-5:00 pm Pilates Reformer Class: Bellevue 9:30 am	15 Family Fun Night: Bellevue 4:00 pm-7:00 pm
16 Gentle Flow Yoga: Seattle 10:00 am-10:55 am	17 School Break Camp Bellevue 9:00 am-5:00 pm Pilates Reformer Class: Bellevue 9:30 am & 5:30 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	18 Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	19 Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	20 Kids Fit Lab: Bellevue 4:30 pm-5:15 pm Pilates Reformer Class: Bellevue 5:30 pm	21 Triple Threat Circuit: Seattle 7:00 am-7:50 am Pilates Reformer Class: Bellevue 9:30 am	22 Family Fun Night: Bellevue 4:00 pm-7:00 pm
23 Gentle Flow Yoga: Seattle 10:00 am-10:55 am	24 Pilates Reformer Class: Bellevue 9:30 am & 5:30 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	25 Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	26 Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	27 Kids Fit Lab: Bellevue 4:30 pm-5:15 pm Pilates Reformer Class: Bellevue 5:30 pm	28 Triple Threat Circuit: Seattle 7:00 am-7:50 am Pilates Reformer Class: Bellevue 9:30 am	1



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.