



Club Life

March 2025 • PRO Club



Summer Camp Registration is Open!

The ultimate playground for kids to explore, connect, and have fun!

Save 25%*

Members always save 25% off all camp registrations.

Weekly Themes

New adventures every week - all summer long! From Hero Training to Under the Sea.

Sports, Games, Art

A variety of activities and fresh ways to have fun, there's something for everyone ages 3-15.



Enroll
Now

To view our full list of camp offerings and locations, visit [Connect](#). Non-members welcome.

Hospitality & Family

Summer Camp Fair & Family Fun Day

Saturday, March 1 | 3:00 pm–7:00 pm

Explore 40+ themed summer camps for kids ages 3-18 and enjoy free family fun with bounce houses, scooters, and more. Don't miss out on planning your kid's best summer yet!

Medical Spa Promo

Looking to increase your energy, enhance mental clarity, and support cellular repair? For a limited time, purchase a NAD+ IV and receive a complimentary 5-essential vitamin boost!

Summer Camps

Sign up early to secure an unforgettable summer and enjoy member pricing on exciting activities like swimming, STEAM, arts, racquet sports, tech, and more. Non-members are welcome—invite your friends! Register now on Connect.

Spa & Salon Micropeel Event

March 25 & 26 | By Appointment

Enjoy a complimentary expert skin analysis or a SkinCeuticals Express Micropeel for just \$75. Plus, exclusive promotions and gifts with purchase. RSVP now at SpaEvents@proclub.com.

Junior Hoops League

Join our new league for beginner to intermediate players that combines weekday skill practices with weekend scrimmages. Perfect prep for Varsity Hoops! Email Pavilion@proclub.com for more details.



Sports & Fitness

Yoga Sundays in Seattle

Sundays | 9:30 am & 10:30 am

Choose from a Gentle Flow Yoga to help you connect with your body and mind, or Restorative Yoga with a soothing Yin practice that releases tension and improves energy flow.

Pilates Reformer: Monthly Enrollment

Various Dates & Times

Ready to take your Pilates practice to the next level? Sign up for March enrollment and commit to a weekly Reformer class, averaging just \$22.50 per session! Email Pilates@proclub.com to enroll.

CrossFit + Strength & Conditioning

Have you heard? You can now combine CrossFit Bel-Red and the Strength & Conditioning Center on one membership or class pack. Enjoy world-class coaching, expert programming, and a supportive community. Plus, your first class is free!

Online Personal Training

Starts Mid-March

Reach your fitness goals faster with a personalized 4-week workout plan, tailored to your fitness level and equipment. Receive expert guidance from a certified trainer to boost motivation—and results.

FUNDamentals Hoop Clinics

Ideal for beginners, these clinics focus on essential basketball skills like dribbling, passing, and defense in a fun, supportive environment. They're perfect for preparing for the Jr. Hoops League. Email Pavilion@proclub.com for more details.



March 2025

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 Community Family Fun FREE Guest Day: Bellevue 3:00 pm-7:00 pm
2 Gentle Flow Yoga: Seattle 9:30 am Restorative Yoga: Seattle 10:30 am	3 Pilates Reformer Class: Bellevue 9:30 am, 5:30 pm	4 Registration Opens for Spring Break 5-day Intensives Group Swim Lessons: Bellevue Kids Fit Lab: Bellevue 4:30 pm-5:15 pm	5 Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	6 Pilates Reformer Class: Bellevue 5:30 pm	7 Pilates Reformer Class: Bellevue 9:30 am	8 Family Fun Night: Bellevue 4:00 pm-7:00 pm
9 Gentle Flow Yoga: Seattle 9:30 am Restorative Yoga: Seattle 10:30 am	10 Pilates Reformer Class: Bellevue 9:30 am, 5:30 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	13 Pilates Reformer Class: Bellevue 5:30 pm	14 Pilates Reformer Class: Bellevue 9:30 am	15 Shamrockin' Family Fun Night: Bellevue 4:00 pm-7:00 pm
16 Gentle Flow Yoga: Seattle 9:30 am Restorative Yoga: Seattle 10:30 am	17 Pilates Reformer Class: Bellevue 9:30 am, 5:30 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	20 Pilates Reformer Class: Bellevue 5:30 pm	21 Pilates Reformer Class: Bellevue 9:30 am	22 Family Fun Night: Bellevue 4:00 pm-7:00 pm
23 Gentle Flow Yoga: Seattle 9:30 am Restorative Yoga: Seattle 10:30 am	24 Pilates Reformer Class: Bellevue 9:30 am, 5:30 pm	25 Spa & Salon Micropeel Event: Bellevue All Day	26 Spa & Salon Micropeel Event: Bellevue All Day Pilates Reformer Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	27 Pilates Reformer Class: Bellevue 5:30 pm	28 Pilates Reformer Class: Bellevue 9:30 am	29 Family Fun Night: Bellevue 4:00 pm-7:00 pm
30 Gentle Flow Yoga: Seattle 9:30 am Restorative Yoga: Seattle 10:30 am	31 Pilates Reformer Class: Bellevue 9:30 am, 5:30 pm	Kids Fit Lab: Bellevue 4:30 pm-5:15 pm				



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.