

PRO
CLUB

Club Life

July 2025 • Seattle

Your Baycation Starts *here*

All the summer vibes. All in one place.

Club Highlights

July 4 Holiday Hours

Bellevue & Seattle:
7:00 am–12:00 pm

**Strength & Conditioning
Center:** Closed

CrossFit Bel-Red: Closed



Single-Day Summer Camps

Now open for booking all summer long! These sessions are perfect for last-minute plans or filling a free day with fun. Register in Connect.





Personal Training & Pilates

Elevate your fitness with one-on-one training or private Pilates sessions tailored to your goals.

July 2025

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		Foam Rolling: Seattle 7:00 am-7:25 am NEW! FitLab Class Times: Bellevue 7:30 am, 12:00 pm Sports Stretch & Meditation: Seattle 7:00 pm-7:50 pm	Reformer Pilates Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	NEW! FitLab Class Times: Bellevue 7:30 am, 12:00 pm Sports Stretch & Meditation: Seattle 7:00 pm-7:50 pm	 Holiday Hours: Bellevue & Seattle 7:00 am-12:00 pm SCC & CrossFit Bel-Red Closed	Reformer Pilates Class: Bellevue 8:30 am, 9:30 am IGNITE: Seattle 8:30 am, 9:45 am Family Fun Night: Bellevue 4:00 pm-7:00 pm
6	7	8	9	10	11	12
Reformer Pilates Class: Bellevue 9:00 am Gentle Flow Yoga: Seattle 9:30 am Restorative Yoga: Seattle 10:30 am	NEW! FitLab Class Times: Bellevue 7:30 am, 6:30 pm Reformer Pilates Class: Bellevue 9:30 am, 5:30 pm	Foam Rolling: Seattle 7:00 am-7:25 am NEW! FitLab Class Times: Bellevue 7:30 am, 12:00 pm Sports Stretch & Meditation: Seattle 7:00 pm-7:50 pm	Reformer Pilates Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm Functional Body Movement: Seattle 5:00 pm-5:50 pm	NEW! FitLab Class Times: Bellevue 7:30 am, 12:00 pm Sports Stretch & Meditation: Seattle 7:00 pm-7:50 pm	NEW! FitLab Class Times: Bellevue 7:30 am Reformer Pilates Class: Bellevue 9:30 am, 12:00 pm, 6:00 pm	Reformer Pilates Class: Bellevue 8:30 am, 9:30 am IGNITE: Seattle 8:30 am, 9:45 am Family Fun Night: Bellevue 4:00 pm-7:00 pm
13	14	15	16	17	18	19
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20	21	22	23	24	25	26
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27	28	29	30	31	<div>  <div> Summer '25 Beta </div> <div> <h3>Summer Together</h3> <p>Pickleball, pool time, and all the moments that define summer—made better with Shared Membership.</p> <p>Scan now to start adding your crew.</p> </div> </div>	
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