



# Club Life

October 2025 • Fremont

NATIONAL **BREAST CANCER** AWARENESS MONTH

# That Make-An-Impact Feeling

Together, we go further.

We're proud to partner with the Pink Lemonade Stand Challenge this month, raising awareness and supporting breast cancer research through themed classes and special programming across our clubs.

## Club Highlights

### Ultimate Dance Party #7

On October 4, dance the night away with a mix of Zumba, MixxedFit, LaBlast, and Bombay Jam, plus refreshments after class.

### Halloween Spooktacular

Bring the whole family to Fremont on October 17 for a complimentary Halloween celebration with costumes, carnival games, and festive fun!

### Birthday Parties

Celebrate your kiddo's next birthday at the Club with a fun-filled party package. Email [Angela.Kumar@bayclubs.com](mailto:Angela.Kumar@bayclubs.com) for more information or to start planning.



**SUPPORT  
NOW**

Scan here to learn more, get involved, and show your support with community spirit or a donation.

# October 2025

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	<div></div> <div><b>YOUR MEMBER PERKS</b></div> <div>Exclusive member-only deals on curated brands, luxury resorts, wellness products &amp; more. Scan to explore the collection.</div>		1	2	3	4
			F5 with Jason 12:00 pm-12:50 pm  Jr. Squash Clinic: Bronze & Silver 6:30 pm-8:00 pm	Brazilian Beats 9:00 am-9:50 am  Junior Squash Clinic: Gold 5:15 pm-6:45 pm  Strike Like Lightning 7:00 pm-7:50 pm	Free Guest Friday All Day  <b>Strength &amp; Conditioning for Pink</b> 9:00 am-9:50 am  Volleyball Open Play 12:00 pm-3:00 pm	Cycling Endurance 9:30 am-10:45 am  Booty Boot Camp 10:00 am-10:50 am  Ultimate Dance Party #7 2:00 pm-3:50 pm
5	6	7	8	9	10	11
Boot Camp 8:00 am-8:50 am  Aqua Fit 9:00 am-9:50 am  Kids Day Out: DIY Fall Lantern 1:00 pm-4:00 pm	Barre 8:00 am-8:50 am  Badminton Open Play 11:00 am-10:00 pm  Tennis Open Play 5:30 pm-8:30 pm	Boot Camp 6:00 am-6:50 am  Vinyasa Yoga 9:00 am-9:50 am  TRI Strong 6:00 pm-6:50 pm	Pilates Core for Athletes 11:00 am-11:50 am  Pure Strength 4:30 pm-5:20 pm  Jr. Squash Clinic: Bronze & Silver 6:30 pm-8:00 pm	BomBay Jam 10:00 am-10:50 am  F5 with Jason 12:00 pm-12:50 pm  Junior Squash Clinic: Gold 5:15 pm-6:45 pm	Group Power 8:00 am-8:50 am  Kickboxing Express 9:00 am-9:50 am  Volleyball Open Play 12:00 pm-3:00 pm	<b>U-JAM for Pink</b> 8:00 am-8:50 am  Cardio Kickboxing 10:15 am-11:05 am  Shakti Yoga Flow 10:15 am-11:30 am
12	13	14	15	16	17	18
Hatha Yoga 10:00 am-10:50 am  Core & Stretch 10:00 am-10:50 am  Kids Day Out: DIY Halloween Bags 1:00 pm-4:00 pm	School Break Camp 9:00 am-4:00 pm  Badminton Open Play 11:00 am-10:00 pm  Tennis Open Play 5:30 pm-8:30 pm	Heated Cardio Barre 11:00 am-11:50 am  Power Kickboxing with Bags 5:30 pm-6:20 pm  Zumba 7:30 pm-8:20 pm	Performance Cycle 5:30 pm-6:20 pm  <b>MixedFit for Pink</b> 6:30 pm-7:20 pm  Jr. Squash Clinic: Bronze & Silver 6:30 pm-8:00 pm	Heated HIIT 12:00 pm-12:50 pm  Junior Squash Clinic: Gold 5:15 pm-6:45 pm  Power Kickboxing with Bags 7:00 pm-7:50 pm	Volleyball Open Play 12:00 pm-3:00 pm  Road Ride 4:00 pm-4:50 pm  Halloween Spooktacular 6:00 pm-8:00 pm	Heated Barre 8:00 am-8:50 am  Booty Boot Camp 10:00 am-10:50 am  GROOV3 Pop-Up Class 12:30 pm-1:30 pm
19	20	21	22	23	24	25
BomBay Jam 11:00 am-11:50 am  Heated Yin Yoga 11:00 am-11:50 am  Kids Day Out: Pumpkin Decorating 1:00 pm-4:00 pm	Badminton Open Play 11:00 am-10:00 pm  F5 with Jason 12:00 pm-12:50 pm  Tennis Open Play 5:30 pm-8:30 pm	Vinyasa Yoga 6:15 am-7:05 am  CIRCL Mobility 11:00 am-11:50 am  <b>Punch for Pink</b> 6:30 pm	Jr. Squash Clinic: Bronze & Silver 6:30 pm-8:00 pm  Core & Stretch 7:30 pm-8:20 pm  U-JAM 7:30 pm-8:20 pm	Vinyasa Yoga 12:00 pm-12:50 pm  <b>Pink Power Hour</b> 5:00 pm  Junior Squash Clinic: Gold 5:15 pm-6:45 pm	School Break Camp 9:00 am-4:00 pm  Volleyball Open Play 12:00 pm-3:00 pm  Heated Power Yoga 6:00 pm-6:50 pm	U-JAM 8:00 am-8:50 pm  Pickleball Social 9:00 am-11:00 am  Cardio for Kids 11:00 am-11:50 am
26	27	28	29	30	 <b>Happy Halloween</b>	1
<b>U-JAM for Pink</b> 9:00 am-9:50 am  BomBay Jam Diwali Celebration 11:00 am-11:50 am  Kids Day Out: Spooky Sweet Treats 1:00 pm-4:00 pm	Badminton Open Play 11:00 am-10:00 pm  Barre Strong 4:30 pm-5:20 pm  Tennis Social 5:30 pm-8:30 pm	Heated Vinyasa Yoga 12:00 pm-12:50 pm  Pure Strength 12:00 pm-12:50 pm  Aqua Fit 6:30 pm-7:20 pm	Heated Yoga Sculpt 8:00 am-8:50 am  Aqua Fit 9:00 am-9:50 am  Jr. Squash Clinic: Bronze & Silver 6:30 pm-8:00 pm	Rise & Ride 6:15 am-7:05 am  Flowing Rhythms 11:00 am-11:50 am  Junior Squash Clinic: Gold 5:15 pm-6:45 pm	Zumba Gold: Haunted Hustle 11:15 am-12:05 pm  Volleyball Open Play 12:00 pm-3:00 pm  BomBay Jam 6:00 pm-6:50 pm	