

PRO CLUB Club Life

October 2025 • Harbor Square



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

Ski Strong

Get slope-ready with our 6-week conditioning program to boost strength and performance, and reduce injury risk before ski season.

5 Weeks to 5K

Starting October 20, train weekly with run-walk intervals, strength, and core work. Email Nichole.Sargent@bayclubs.com to enroll.

Try a "Pink" Class

All month, join our special "for Pink" classes to help raise awareness and funds for breast cancer research.



**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	 <p>EXPLORE MORE CLASSES</p> <p>See this month's featured events on the back calendar, or scan for the full schedule of free group fitness classes.</p>		1	2	3	4
			<p>Pulse for Pink 8:00 am</p> <p>Barracuda Swim Team 5:00 pm</p>	<p>Sound Bath 4:00 pm</p>	<p>Pose for Pink 10:30 am</p> <p>Family Open Swim 5:10 pm</p>	<p>Power for Pink 9:00 am</p> <p>Parent-Tot Swim 10:30 am</p>
5	6	7	8	9	10	11
<p>NEW Strength Development 11:00 am</p> <p>Family Open Swim 2:15 pm, 3:45 pm</p>	<p>Drop-In Pickleball: 3.0-3.5 9:30 am</p> <p>Drop-In Pickleball: 2.5-3.0 10:45 am</p>	<p>Pulse & Pose for Pink 9:00 am</p>	<p>Barracuda Swim Team 5:00 pm</p>	<p>Sound Bath 7:00 pm</p>	<p>Pedal for Pink 8:00 am</p> <p>Pulse & Pose for Pink 9:30 am</p> <p>Family Open Swim 5:10 pm</p>	<p>Pedal for Pink 8:30 am</p> <p>Parent-Tot Swim 10:30 am</p>
12	13	14	15	16	17	18
<p>Pose for Pink 10:00 am</p> <p>Family Open Swim 2:15 pm, 3:45 pm</p>	<p>Pump for Pink 8:00 am</p>	<p>Pilates for Pink 8:00 am</p>	<p>Barracuda Swim Team 5:00 pm</p> <p>Stonger in Menopause 6:00 pm</p> <p>Dance for Pink 6:10 pm</p>	<p>Pickleball Drop-In: 4.0+ 3:45 pm</p> <p>Pickleball Drop-In: 3.0-3.5 5:00 pm</p> <p>Pickleball Drop-In: 2.5-3.0 6:15 pm</p>	<p>Step for Pink 8:00 am</p> <p>Dance for Pink 9:30 am</p> <p>Kids Night Out 5:30 pm</p>	<p>Dance for Pink 10:00 am</p> <p>Parent-Tot Swim 10:30 am</p>
19	20	21	22	23	24	25
<p>Pedal for Pink 9:00 am</p> <p>Family Open Swim 2:15 pm, 3:45 pm</p>	<p>Drop-In Pickleball: 3.0-3.5 9:30 am</p> <p>Drop-In Pickleball: 2.5-3.0 10:45 am</p> <p>5 Weeks to 5K 5:30 pm</p>	<p>Pulse for Pink 9:00 am</p>	<p>Barracuda Swim Team 5:00 pm</p> <p>Stonger in Menopause 6:00 pm</p>	<p>Dance for Pink 8:00 am</p> <p>Ski Strong 5:30 pm</p>	<p>Pulse for Pink 8:30 am</p> <p>Ski Strong 8:30 am</p> <p>Tennis Ladies Night 7:00 pm</p>	<p>Parent-Tot Swim 10:30 am</p>
26	27	28	29	30	31	1
<p>Family Open Swim 2:15 pm, 3:45 pm</p> <p>Beginner Yoga 5:30 pm</p>	<p>Drop-In Pickleball: 3.0-3.5 9:30 am</p> <p>Drop-In Pickleball: 2.5-3.0 10:45 am</p>	<p>Pedal for Pink 8:00 am</p> <p>Pulse for Pink 5:00 pm</p> <p>5 Weeks to 5K 5:30 pm</p>	<p>Barracuda Swim Team 5:00 pm</p> <p>DanceX After Dark: Halloween Theme 6:10 pm</p>	<p>Pickleball Drop-In: 3.0-3.5 5:00 pm</p> <p>Ski Strong 5:30 pm</p> <p>Pickleball Drop-In: 2.5-3.0 6:15 pm</p>	 <p>Happy Halloween</p> <p>HSAC Flash Mob</p> <p>Ski Strong 8:30 am</p> <p>Family Open Swim 5:10 pm</p>	