

PRO CLUB Club Life

October 2025 • Seattle

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

Open House Tuesday

Invite your crew to experience PRO for free and enjoy all the amenities and classes the Club offers—every Tuesday in October.

Annual Spooktacular

On October 25, bring your family and guests to celebrate Halloween at this complimentary event with spooky activities, inflatables & more.

DiamondGlow® Event

Experience the DiamondGlow® facial with a \$75 mini treatment, plus gifts with purchase and more at the Spa & Salon on October 14 & 15.



**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>YOUR MEMBER PERKS</div> <div>Exclusive member-only deals on curated brands, luxury resorts, wellness products & more. Scan to explore the collection.</div>		1	2	3	4
			Junior Hoops & Fundamentals Registration Opens All Day Cupping Massage Launch All Day Fit Lab for Pink 12:00 pm, 5:30 pm, 6:30 pm	Mountain Conditioning 5:30 am-7:00 am H2O Cardio 9:30 am-10:30 am Jr. Hoops League: Ages 9-10 4:30 pm-5:30 pm	Fit Lab 7:30 am-8:20 am Kids Night Out 5:00 pm-9:00 pm Lifeguard Certification Course 5:00 pm-10:00 pm	Beginner Junior Squash Class 10:30 am-11:15 am Jr. Hoops League: Scrimmage 11:00 am-3:00 pm Family Fun Night 4:00 pm-7:00 pm
5	6	7	8	9	10	11
PRO Shop: Teacher Appreciation Sale 20% off All Day Fit Lab 10:15 am-11:05 am Pro Bollywood 10:30 am-11:20 am	Pose for Pink 6:15 am, 12:05 pm, 7:00 pm Triathlon/Masters Swim Training 8:00 am-8:55 am Swim for Pink 6:00 pm-7:00 pm	Open House Tuesday All Day Jr. Hoops League: Ages 6-7 4:30 pm-5:30 pm Adult Beginners Tennis Clinic 1.0-2.0 6:00 pm-7:00 pm	Breaking Boundaries 4:00 pm-4:55 pm, 5:00 pm-5:55 pm Kids Fit Lab 4:30 pm-5:20 pm Jr. Hoops League: Ages 7-8 4:30 pm-5:30 pm	TRX Total Body 6:30 am-7:20 am Zumba 10:00 am-10:50 am Kids Fit Lab 4:30 pm-5:20 pm	Fit Lab 6:30 am-7:30 am Sport & Swim Camp 9:00 am-4:00 pm Kids Night Out 5:00 pm-9:00 pm	Zumba for Pink 9:15 am Squash for Pink 10:30 am-11:30 am Family Fun Night 4:00 pm-7:00 pm
12	13	14	15	16	17	18
Pickleball All Day Fit Lab 9:00 am-9:50 am Pilates Reformer 9:00 am-9:55 am	Pilates Reformer 9:30 am-10:25 am Kids Fit Lab 4:30 pm-5:20 pm Jr. Hoops League: Ages 5-6 4:30 pm-5:30 pm	Open House Tuesday All Day DiamondGlow® Event: Spa & Salon All Day Barre for Pink 5:30 pm	DiamondGlow® Event: Spa & Salon All Day Preschool for Pink: Discovery Bay 3:00 pm-4:00 pm Barre for Pink 5:30 pm	Mountain Conditioning 5:30 am-7:00 am Jr. Hoops League: Ages 9-10 4:30 pm-5:30 pm Barre for Pink 5:30 pm	Sport & Swim Camp 9:00 am-4:00 pm Jr. Hoops League: Ages 10-12 4:30 pm-5:30 pm Kids Night Out 5:00 pm-9:00 pm	Jr. Hoops League: Scrimmage 11:00 am-3:00 pm Family Fun Night 4:00 pm-7:00 pm
19	20	21	22	23	24	25
Strong for Pink 9:00 am PRO Bollywood for Pink 10:30 am Beginner TRX Workshop 1:30 pm-3:00 pm	Adult Beginner Tennis Clinic 2.0-2.5 12:00 pm-1:00 pm After-School Junior Tennis: Ages 10-12 4:45 pm-6:00 pm	Open House Tuesday All Day Mountain Conditioning 5:30 am-7:00 am Jr. Hoops League: Ages 6-7 4:30 pm-5:30 pm	Group Swim Pre-Enrollment Opens Ski Conditioning 7:00 am-8:00 am After-School Junior Tennis: Ages 10-12 4:45 pm-6:00 pm	Mountain Conditioning 5:30 am-7:00 am Hydro Fitness 9:30 am-10:25 am	October Intra-Squad Swim Meet Pilates for Pink 10:45 am Kids Night Out 5:00 pm-9:00 pm	October Intra-Squad Swim Meet Spooktacular Group Fitness Various Times Annual Spooktacular 3:00 pm-7:00 pm
26	27	28	29	30	31	1
October Intra-Squad Swim Meet Pilates Reformer 9:00 am-9:55 am	Pilates Reformer 5:30 am-6:25 am Junior Squash Clinic 4:00 pm-5:30 pm	Open House Tuesday All Day Jr. Hoops League: Ages 6-7 4:30 pm-5:30 pm Junior Pickleball: Ages 10-12 4:30 pm-5:30 pm	Venn Skin Care Event: Spa & Salon All Day R/DE for Pink 6:30 am, 9:30 am, 6:00 pm Ski Conditioning 7:00 am-8:00 am	Mountain Conditioning 5:30 am-7:00 am Pilates Reformer 12:00 pm-12:55 pm	 Happy Halloween PRO Shop: Treat Yourself All Day Pilates Reformer 12:00 pm-12:55 pm	