



# CLUB LIFE

FEBRUARY 2023 • SAN FRANCISCO



## LEISURE, LOVE, AND LIFESTYLE

The Bay Club's February mantra is leisure, love, and lifestyle. To help you better connect with yourself and loved ones this month, take a look at our new wellness classes and fun seasonal events inside.

### CLUB HIGHLIGHTS

#### FIIGHT FOR LOVE

Come and take FIIGHT class from February 10-14 to celebrate LOVE.

#### NEW AQUATIC CLASSES FOR ADULTS!

Are you confident in the pool? Get ahead of summer and learn to swim with us! Sign up on Bay Club Connect or email [Janelle.Slightam@bayclubs.com](mailto:Janelle.Slightam@bayclubs.com).

#### BEKSAN TRUNK SHOW

Wednesday, February 8 | 5:00 pm-8:00 pm  
Join us for a trunk show and treat yourself and love one to the latest jewelry collection from Beksan Designs.



#### WE'RE EXPANDING OUR CREW

Interested in a fun and rewarding career? We'd love to have you join our team. Scan the QR code to learn more.



# YOUTH BASKETBALL SKILLS CLINICS

EVERY SATURDAY | 12:00 PM AND 1:30 PM

Our new youth basketball program will focus on a different skill; shooting, ball handling, defense and passing/off ball movement. Enroll on Bay Club Connect.

## HOSPITALITY/FAMILY

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### LOCKER RENTAL

Need a place to store your gear while you're at the Club? Private lockers are available at Bay Club San Francisco. Email [Nate.Briones@bayclubs.com](mailto:Nate.Briones@bayclubs.com) for info.

### FREE GUEST FRIDAY

Friday, February 3

Share your Bay Club Happy with a friend or two. On the first Friday of every month, members are welcome to bring a guest to enjoy all the Club's offerings.

### PARENT-TOT SWIM CLASS

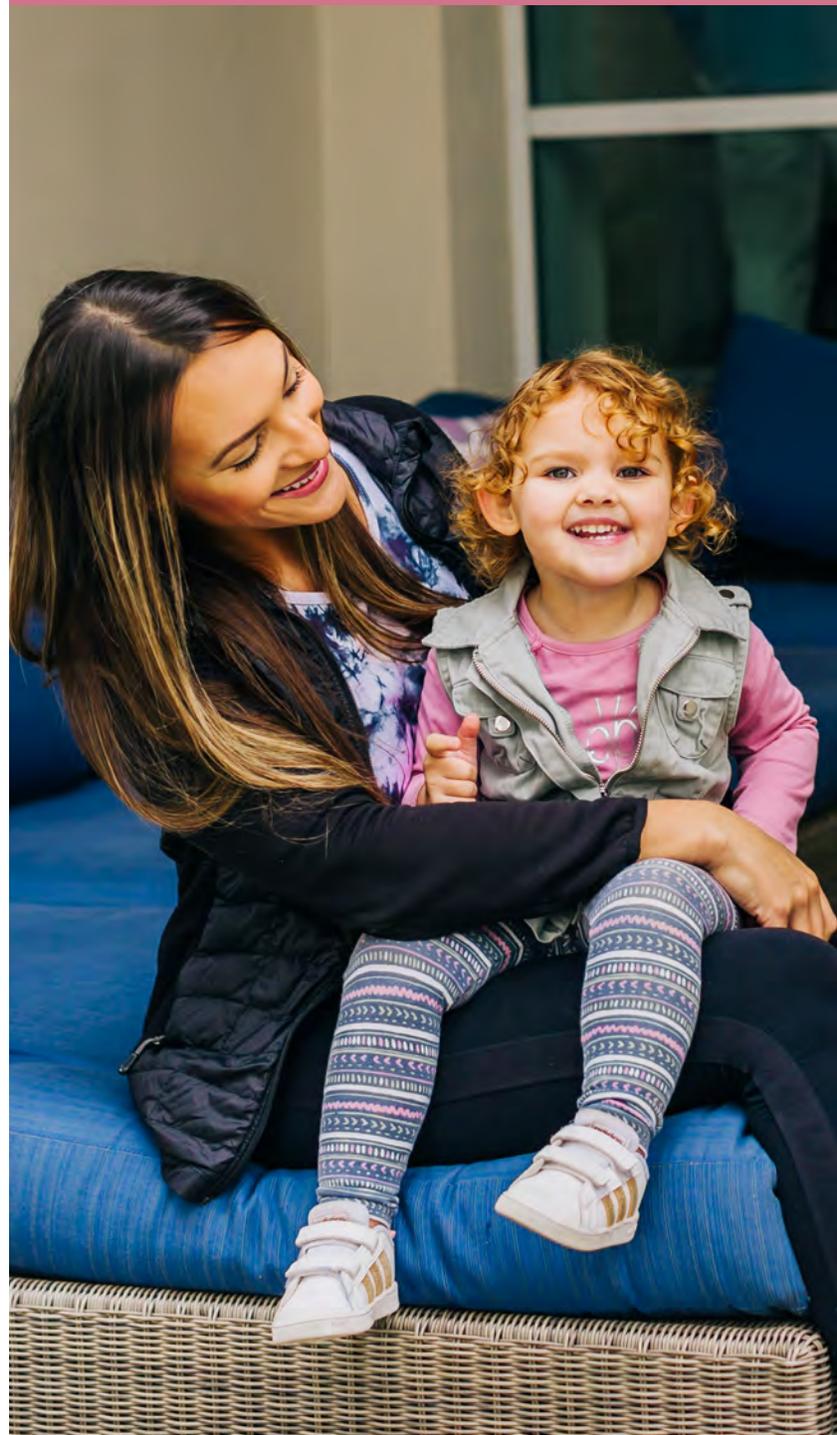
Every Tuesday | 10:30 am-10:55 am

Our talented instructors will teach your child how to blow bubbles, kick, go under water, and how to be safe around the pool. Register on Bay Club Connect!

### VALENTINE'S PAINTING AND PINOT

Friday, February 10 | 5:00 pm-7:00 pm

Relax with a glass of wine while creating your masterpiece. Paint, supplies, and wine will be provided. Guests are welcome.





## SPORTS/FITNESS

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### SHARED MEMBERSHIP

Share your membership with up to five people. For more information, email [Chelsea.Ashbaker@bayclubs.com](mailto:Chelsea.Ashbaker@bayclubs.com).

### NEW CLASS: RIIDE WITH SIERRA

**Mondays, Wednesday, and Fridays | 6:00 am and 7:00 am**  
**Mondays and Wednesdays | 12:00 pm**

Check out our new high energy cycle format; Prepare to sweat and groove to good music, while Sierra leads you through climbs, peaks and sprints.

### LADIES' SELF DEFENSE WITH QUEENIE

**Mondays and Wednesdays | 10:00 am**  
**Tuesdays and Thursdays | 5:00 pm**

Empowering women in strength, confidence and bringing fun to learning how to defend yourself. To sign up, email [Kenny.Lorenzetti@Bayclubs.com](mailto:Kenny.Lorenzetti@Bayclubs.com).

### HIP HOP CHOREO WITH REBECCA

**Tuesdays | 5:30 pm**  
**Thursdays | 7:30 pm**

Try out this new, high energy dance format. Groove to energetic tunes and learn moves that progress into one full routine. Shake it, and sweat while having fun!



## MAT PILATES AND PRIVATE/SEMI PILATES

You've been asking, and we've been listening! Contact Kenny Lorenzetti at [Kenny.lorenzetti@bayclubs.com](mailto:Kenny.lorenzetti@bayclubs.com) to set up your private Pilates sessions with our new trainers.



# CALENDAR OF EVENTS



## CLUB HOURS OF OPERATIONS

Monday through Thursday: 5:00 am-10:00 pm

Friday: 5:00 am-9:00 pm

Saturday and Sunday: 7:00 am-7:00 pm

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			Adult Beginner Swim 8:30 am-9:20 am  Basketball "B" League 6:00 pm-10:00 pm	Swim Team 4:00 pm-6:00 pm  Ladies' Self Defense 5:00 pm  Adult Beginner Swim 6:15 pm-7:05 pm  Hip Hop Choreo 7:30 pm	Free Guest Friday 5:00 am-9:00 pm  Round Robin Social 5:30-7:30 pm  GALENTINE's Day Pop Up: HIGH Fitness 7:15 pm-8:30 pm	Youth Basketball Skills Clinic 12:00 pm and 1:30 pm
5	6	7	8	9	10	11
	NEW CLASS: Riide 6:00 am & 7:00 am  Ladies' Self Defense 10:00 am  Basketball "A" League 6:00 pm-10:00 pm	Parent-Tot Swim 10:30 am-10:55 am  Swim Team 4:00 pm-6:00pm  Ladies' Self Defense 5:00 pm  Dance! Choreo 5:30 pm	Adult Beginner Swim 8:30 am-9:20 am  Ladies' Self Defense 10:00 am  Beksan Trunk Show 5:00 pm-8:00 pm  Basketball "B" League 6:00 pm-10:00 pm	Swim Team 4:00 pm-6:00 pm  Ladies' Self Defense 5:00 pm  Adult Beginner Swim 6:15 pm-7:05 pm  Hip Hop Choreo 7:30 pm	FLIGHT For Love 6:30 am  Heart Beats Rhythm Ride 7:30 am  Cupid's Yoga Flow 12:30 pm  Valentine's Painting and Pinot 5:00 pm-7:00 pm	FLIGHT For Love 9:30 am  Heart Beats Rhythm Ride 10:15 am  Youth Basketball Skills Clinic 12:00 pm and 1:30 pm  Cupid's Flow: Sticks n' Kick 2:30 pm
12	13	14	15	16	17	18
Cupid's Yoga Flow 10:00 am  Heart Beats Rhythm and Dance 11:00 am	NEW CLASS: Riide 6:00 am & 7:00 am  Ladies' Self Defense 10:00 am  Basketball "A" League 6:00 pm-10:00 pm	FLIGHT For Love 6:30 am  Cupid's AM Power Flow 7:00 am  Love, Power, and Pilates 10:00 am  Parent-Tot Swim 10:30 am-10:55 am  Cupid's Choreo 5:30 pm	Adult Beginner Swim 8:30 am-9:20 am  Ladies' Self Defense 10:00 am  Basketball "B" League 6:00 pm-10:00 pm	Swim Team 4:00 pm-6:00 pm  Ladies' Self Defense 5:00 pm  Monthly Member Social 5:30 pm-7:30 pm  Adult Beginner Swim 6:15 pm-7:05 pm  Hip Hop Choreo 7:30 pm	Round Robin 5:15 pm-8:00 pm	Youth Basketball Skills Clinic 12:00 pm and 1:30 pm
19	20	21	22	23	24	25
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26	27	28	1	2	3	4
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## Did you know you have two ways to make your monthly membership payments?

•Using a Card on File: Securely store your payment information and manually submit payments.

•Auto-Pay: The Club will have your balance automatically paid from your bank account.

Need to change your payment information? Log in to Bay Club Connect under "Billing". It's easier than ever to stay on top of your billing and make your membership payments before the end of the month!