



Club Life

December 2025 • 425 Fitness



Together Is Just Better

Introducing Shared Membership.

The best experiences are the ones we share—and now you can build your own community within our Club family with **up to 10 people on one membership.**

Club Highlights

Private & Semi-Private Swim Lessons

Now enrolling at Redmond and Issaquah locations! Email IssaquahAquatics@bayclubs.com or RedmondAquatics@bayclubs.com to schedule.

New Les Mills Class

By popular demand, we've added Les Mills Shapes on Sundays at Redmond. This class combines Pilates, Barre, & Power Yoga for a full-body workout.

New Recovery Equipment

Take a moment to relax and restore with our new CryoLounge Chairs, NormaTec Boots, and more to enhance your experience at the Club.



**HOLIDAY
HAPPINESS
TOY DRIVE**

Now through December 19, bring a new unwrapped toy to donate to Toys for Tots—or scan the QR code to give online.

December 2025

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Les Mills BodyPump: RD 4:15 pm–5:15 pm	2 Les Mills Thrive: RD 6:15 pm–6:45 pm	3	4 Sprint Cycle: IS 6:00 am–6:25 am	5	6 BodyCombat: IS 9:30 am–10:20 am
7 Hot Hatha Yoga: RD 11:00 am–12:00 pm Strength Development: RD 3:00 pm–3:45 pm Les Mills Shapes: RD 4:00 pm–4:45 pm	8 Les Mills BodyPump: RD 4:15 pm–5:15 pm	9 Les Mills Core: IS 6:00 pm–6:25 pm	10 Zumba: BL 8:30 am–9:30 am	11	12 Les Mills Thrive: RD 10:30 am–11:15 am	13 Complimentary InBody Readings: BL 3:00 pm–6:00 pm
14 Hanukkah Les Mills Grit: IS 8:45 am–9:10 am Les Mills BodyBalance: BL 10:00 am	15 Try a Trainer Week: RD All Day Les Mills BodyPump: RD 4:15 pm–5:15 pm	16 Try a Trainer Week: RD All Day	17 Try a Trainer Week: RD All Day	18 Try a Trainer Week: RD All Day	19 Try a Trainer Week: RD All Day	20 Try a Trainer Week: RD All Day
21 Les Mills Shapes: RD 4:00 pm–4:45 pm	22 Les Mills BodyPump: RD 4:15 pm–5:15 pm	23 Fight Night Cardio Pop-Up Class: BL 5:00 pm–6:00 pm	24 Christmas Eve Holiday Hours 6:00 am–2:00 pm	25  Merry Christmas Club Closed	26	27 Zumba: IS 10:30 am–11:20 am
28	29 Les Mills BodyPump: RD 4:15 pm–5:15 pm	30	31 New Year's Eve Holiday Hours 6:00 am–5:00 pm InBody Day: IS 6:00 am–8:00 am 10:00 am–12:00 pm 3:00 pm–5:00 pm	<div><p><i>Unwrap</i> HOLIDAY PERKS</p><p>Explore this year's gift guide featuring our exclusive, specially curated deals on the brands and experiences you love.</p></div>		

BL: Bothel RD: Redmond IS: Issaquah

Activities and classes are subject to change at any time. Check Bay Club Connect for the latest updates, or contact the Front Desk if you have any questions.