



Club Life

January 2026 • 425 Fitness

Year of More

More moments that matter.



Club Highlights

New! Yin-Yasa Yoga

Join us Thursdays in Issaquah for a new class that pairs Vinyasa flow with slow, sustained Yin poses—leaving you feeling strong, open, and restored.

Test-Drive a Trainer

Explore trainer bios and sign up at the PT Desk in Issaquah for a chance to experience working with a trainer, starting the week of January 5.

Strength Development

Our 12-week strength-building program is back in Bothell, with classes on Tuesdays, Thursdays, and Sundays! Register now at the Front Desk.



MORE OF YOUR PEOPLE

Start the year with more of what you love—movement that restores, classes that inspire, and the people who make it all feel like home. **Shared Membership** gives you more time together with up to 10 on one membership.

Add your crew now on Connect.

January 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	 <p>JANUARY WELLNESS PERKS</p> <p>Explore exclusive, specially curated deals on brands and experiences to jumpstart your wellness routine this year.</p>		<p>1</p> <p>New Year's Day </p> <p>Holiday Hours 7:00 am-7:00 pm</p>	2	3
4	5	6	7	<p>8</p> <p>Yin-Yasa Yoga: IS 6:30 pm-7:20 pm</p>	9	10
11	12	13	<p>14</p> <p>Trainer Boot Camp: RD 5:30 pm-6:30 pm</p>	<p>15</p> <p>Yin-Yasa Yoga: IS 6:30 pm-7:20 pm</p>	16	<p>17</p> <p>Zumba Party: RD 6:00 pm-7:30 pm</p>
18	19	20	21	<p>22</p> <p>Yin-Yasa Yoga: IS 6:30 pm-7:20 pm</p>	<p>23</p> <p>Zumba Dance Party: IS 5:30 pm-6:15 pm</p> <p>BodyJam: IS 6:15 pm-7:15 pm</p>	<p>24</p> <p>Les Mills Launch: RD 8:15 am-12:15 pm</p> <p>Les Mills Launch: BL 8:15 am-12:45 pm</p> <p>Les Mills Launch: IS 8:30 am-12:30 pm</p>
25	26	<p>27</p> <p>InBody Day: RD 6:00 am-12:00 pm 2:00 pm-6:00 pm</p> <p>Strength Development: BL 6:00 pm-6:45 pm</p>	<p>28</p> <p>InBody Day: IS 7:00 am-9:00 am 11:00 am-1:00 pm 4:00 pm-6:00 pm</p>	<p>29</p> <p>Strength Development: BL 6:00 pm-6:45 pm</p> <p>Yin-Yasa Yoga: IS 6:30 pm-7:20 pm</p>	30	31

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.