

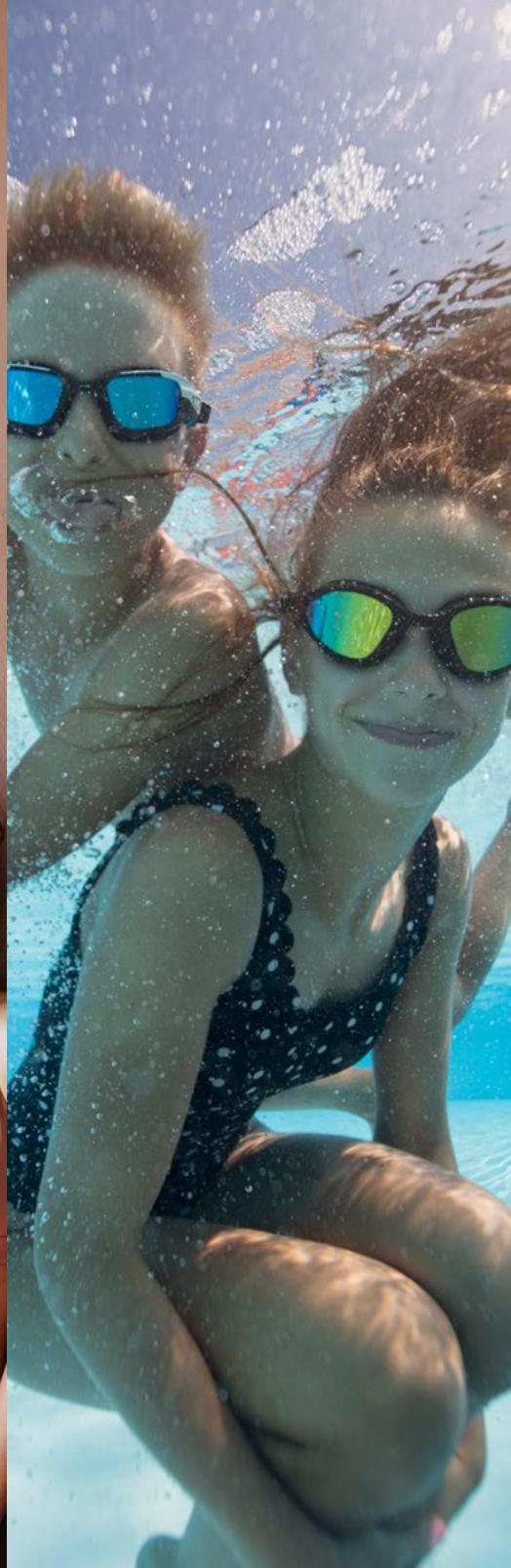


# Club Life

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

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.