



Club Life

January 2026 • Harbor Square

Year of More

More moments that matter.



Club Highlights

New! Grind & Unwind

Join Sabrina on Mondays for a new class that pairs strength training with a grounding yoga flow, deep stretching, and mindful breathwork.

CPR & AED Certification

Learn essential life-saving skills in our American Red Cross certification classes, now offered at select Clubs for \$50. Enroll on Connect.

Beginner Pickleball Clinics

Curious about pickleball? Join our clinic with Jinny and Mary on January 21 to learn the fundamentals in a welcoming, beginner-friendly setting.


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 |  JANUARY WELLNESS PERKS Explore exclusive, specially curated deals on brands and experiences to jumpstart your wellness routine this year. | | 1 New Year's Day Holiday Hours 7:00 am-5:00 pm | 2 Sound Bath 7:00 pm | 3 Parent-Tot Swim 10:30 am |
| 4 CPR & AED Certification 1:00 pm-3:00 pm Family Open Swim 2:15 pm-3:30 pm 3:45 pm-5:00 pm | 5 Grind & Unwind 6:00 pm-7:15 pm | 6 Pickleball Drop-In: 2.0-2.5 10:45 am-12:00 pm | 7 Doubles Strategy 6:30 pm-8:30 pm | 8 Pickleball Drop-In: 2.0-2.5 10:45 am-12:00 pm Men's Tennis Night 6:30 pm | 9 Stroke Production 11:00 am | 10 Parent-Tot Swim 10:30 am |
| 11 CPR & AED Certification 1:00 pm-3:00 pm Family Open Swim 2:15 pm-3:30 pm 3:45 pm-5:00 pm | 12 Grind & Unwind 6:00 pm-7:15 pm | 13 Sound Bath 7:00 pm | 14 DanceX 6:10 pm | 15 Pickleball Drop-In: 2.0-2.5 10:45 am-12:00 pm Men's Tennis Night 6:30 pm | 16 Kids Night Out 5:30 pm-9:00 pm Mixed Doubles Tennis 7:00 pm-10:00 pm | 17 Parent-Tot Swim 10:30 am |
| 18 CPR & AED Certification 1:00 pm-3:00 pm Family Open Swim 2:15 pm-3:30 pm 3:45 pm-5:00 pm Beginner Yoga 5:30 pm | 19 Grind & Unwind 6:00 pm-7:15 pm | 20 Pickleball Drop-In: 2.0-2.5 10:45 am-12:00 pm | 21 Beginner Pickleball Clinic 1:15 pm-2:30 pm | 22 Pickleball Drop-In: 2.0-2.5 10:45 am-12:00 pm Men's Tennis Night 6:30 pm | 23 Stroke Production 11:00 am Ladies Tennis Night 7:00 pm-10:00 pm | 24 Parent-Tot Swim 10:30 am |
| 25 CPR & AED Certification 1:00 pm-3:00 pm Family Open Swim 2:15 pm-3:30 pm 3:45 pm-5:00 pm | 26 Grind & Unwind 6:00 pm-7:15 pm | 27 Pickleball Drop-In: 2.0-2.5 10:45 am-12:00 pm | 28 | 29 Pickleball Drop-In: 2.0-2.5 10:45 am-12:00 pm Men's Tennis Night 6:30 pm | 30 Gentle Yoga 4:30 pm | 31 Parent-Tot Swim 10:30 am |