



PRO  
CLUB

# Club Life

January 2026

## Year of More

More moments that matter.



## Club Highlights

### PRO Hoops League

Get in the game starting January 12 with two competitive divisions: Advanced and Recreational. Email [Pavilion@proclub.com](mailto:Pavilion@proclub.com) by January 3 to sign up.

### 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.

### Pickleball & Badminton Tournaments

Sign up at the Concierge Desk to enjoy friendly competition at our upcoming tournaments—badminton on January 18 and pickleball on January 25.

### 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>		 <p><b>New Year's Day</b></p> <p>Holiday Hours Bellevue: 7:00 am-7:00 pm Seattle: Closed</p>	<p><b>1</b></p> <p>Fit Lab 6:30 am-7:25 am</p> <p>Pilates Mat: Studio B 10:45 am-11:40 am</p> <p>TRX Total Body: Studio B 5:30 pm-6:25 pm</p>	<p><b>2</b></p> <p>POWER R/DE 9:00 am-10:00 am</p> <p>PRO Jam: Yoga Studio 10:15 am-11:15 am</p> <p>Pilates Mat: Yoga Studio 11:30 am-12:25 pm</p>	
4	5	<p><b>Soulful Sundays:</b> Studio B 9:15 am-10:10 am</p> <p><b>PRO Bollywood:</b> Studio A 10:30 am-11:25 am</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Teen Strength &amp; Conditioning 4:30 pm</p> <p>High Fitness: Studio A 6:30 pm-7:25 pm</p>	<p><b>6</b></p> <p>Cardio Core: Studio A 6:30 am-7:20 am</p> <p>Hydro Fitness: Aquatics 9:30 am-10:30 am</p> <p>CPR &amp; AED Certification 6:00 pm-7:30 pm</p>	<p><b>7</b></p> <p>High Fitness: Studio A 9:30 am-10:25 am</p> <p>H2O Cardio: Aquatics 9:30 am-10:30 am</p> <p>PRO Barre: Yoga Studio 5:30 pm-6:25 pm</p>	<p><b>8</b></p> <p>TRX Total Body: Studio B 6:30 am-7:25 am</p> <p>Zumba: Studio A 10:00 am-10:55 am</p> <p>Meditate with Yin: Yoga Studio 6:35 pm-7:35 pm</p>	<p><b>9</b></p> <p>High Fitness: Studio A 9:30 am-10:25 am</p> <p>STRONG: Studio A 12:00 pm-12:50 pm</p> <p>Kids Night Out 5:00 pm-9:00 pm</p>	<p><b>10</b></p> <p>POWER R/DE 9:00 am-10:00 am</p> <p>PRO Jam: Yoga Studio 10:15 am-11:15 am</p> <p>Pilates Mat: Yoga Studio 11:30 am-12:25 pm</p>
11	12	<p><b>Soulful Sundays:</b> Studio B 9:15 am-10:10 am</p> <p><b>PRO Bollywood:</b> Studio A 10:30 am-11:25 am</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Teen Strength &amp; Conditioning 4:30 pm</p> <p>High Fitness: Studio A 6:30 pm-7:25 pm</p>	<p><b>13</b></p> <p>Cardio Core: Studio A 6:30 am-7:20 am</p> <p>Hydro Fitness: Aquatics 9:30 am-10:30 am</p> <p>CPR &amp; AED Certification 6:00 pm-7:30 pm</p>	<p><b>14</b></p> <p>Pilates Pop-Up 7:00 am-12:00 pm 4:00 pm-7:00 pm</p> <p>H2O Cardio: Aquatics 9:30 am-10:30 am</p> <p>PRO Barre: Yoga Studio 5:30 pm-6:25 pm</p>	<p><b>15</b></p> <p>TRX Total Body: Studio B 6:30 am-7:25 am</p> <p>Zumba: Studio A 10:00 am-10:55 am</p> <p>Meditate with Yin: Yoga Studio 6:35 pm-7:35 pm</p>	<p><b>16</b></p> <p>High Fitness: Studio A 9:30 am-10:25 am</p> <p>STRONG: Studio A 12:00 pm-12:50 pm</p> <p>Kids Night Out 5:00 pm-9:00 pm</p>	<p><b>17</b></p> <p>POWER R/DE 9:00 am-10:00 am</p> <p>PRO Jam: Yoga Studio 10:15 am-11:15 am</p> <p>Pilates Mat: Yoga Studio 11:30 am-12:25 pm</p>
18	19	<p><b>Badminton Tournament:</b> Pavilion 2:00 pm</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Teen Strength &amp; Conditioning 4:30 pm</p> <p>High Fitness: Studio A 6:30 pm-7:25 pm</p>	<p><b>20</b></p> <p>Cardio Core: Studio A 6:30 am-7:20 am</p> <p>Hydro Fitness: Aquatics 9:30 am-10:30 am</p> <p>CPR &amp; AED Certification 6:00 pm-7:30 pm</p>	<p><b>21</b></p> <p>H2O Cardio: Aquatics 9:30 am-10:30 am</p> <p>Teen Strength &amp; Conditioning 4:30 pm</p> <p>PRO Barre: Yoga Studio 5:30 pm-6:25 pm</p>	<p><b>22</b></p> <p>TRX Total Body: Studio B 6:30 am-7:25 am</p> <p>Zumba: Studio A 10:00 am-10:55 am</p> <p>Meditate with Yin: Yoga Studio 6:35 pm-7:35 pm</p>	<p><b>23</b></p> <p>High Fitness: Studio A 9:30 am-10:25 am</p> <p>STRONG: Studio A 12:00 pm-12:50 pm</p> <p>Kids Night Out 5:00 pm-9:00 pm</p>	<p><b>24</b></p> <p><b>Soulful Sundays:</b> Studio B 9:15 am-10:10 am</p> <p><b>PRO Bollywood:</b> Studio A 10:30 am-11:25 am</p> <p>Pilates Mat: Yoga Studio 11:30 am-12:25 pm</p>
25	26	<p><b>Badminton Tournament:</b> Pavilion 10:00 am</p> <p><b>Restorative Yoga &amp; Sound Bath Workshop</b> 6:00 pm-7:30 pm</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Teen Strength &amp; Conditioning 4:30 pm</p> <p>High Fitness: Studio A 6:30 pm-7:25 pm</p>	<p><b>27</b></p> <p>Cardio Core: Studio A 6:30 am-7:20 am</p> <p>Hydro Fitness: Aquatics 9:30 am-10:30 am</p> <p>CPR &amp; AED Certification 6:00 pm-7:30 pm</p>	<p><b>28</b></p> <p>Pilates Pop-Up 7:00 am-12:00 pm 4:00 pm-7:00 pm</p> <p>H2O Cardio: Aquatics 9:30 am-10:30 am</p> <p>PRO Barre: Yoga Studio 5:30 pm-6:25 pm</p>	<p><b>29</b></p> <p>TRX Total Body: Studio B 6:30 am-7:25 am</p> <p>Zumba: Studio A 10:00 am-10:55 am</p> <p>Meditate with Yin: Yoga Studio 6:35 pm-7:35 pm</p>	<p><b>30</b></p> <p>High Fitness: Studio A 9:30 am-10:25 am</p> <p>STRONG: Studio A 12:00 pm-12:50 pm</p> <p>Kids Night Out 5:00 pm-9:00 pm</p>	<p><b>31</b></p> <p>POWER R/DE 9:00 am-10:00 am</p> <p>PRO Jam: Yoga Studio 10:15 am-11:15 am</p> <p>Pilates Mat: Yoga Studio 11:30 am-12:25 pm</p>

All calendar events will take place at Bellevue unless otherwise noted. \*See our website for individual department hours.

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.