



Club Life

January 2026 • Fremont



Year of More

More moments that matter.

Club Highlights

Summer Camp Registration

Beginning January 14, you can reserve your kiddo's spot for their favorite time of year and access our greatest early-registration savings!

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.

New Year Triple Burn

Join Jeffrey, Heidi, and Margaret on January 7 for a fun, high-energy workout to kick off the new year. Complimentary for members, ages 13+.

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 | <div style="text-align: center;">  <p>JANUARY WELLNESS PERKS</p> <p>Explore exclusive, specially curated deals on brands and experiences to jumpstart your wellness routine this year.</p> </div> | |  <p>1 New Year's Day</p> <p>Holiday Hours 7:00 am-7:00 pm</p> <p>New Year Rise and Ride 6:15 am-7:05 am</p> <p>School Break Camp 9:00 am-4:00 pm</p> | <p>2 Free Guest Friday All Day</p> <p>School Break Camp 9:00 am-4:00 pm</p> <p>Volleyball Drop-In 12:00 pm-3:00 pm</p> | <p>3 Cycling Endurance Class 9:30 am-10:45 am</p> <p>Shakti Yoga Flow 10:15 am-11:30 am</p> <p>CPR & AED Certification 12:00 pm-1:30 pm</p> | | |
| 4 | 5 | <p>Heated Yoga Sculpt 8:00 am-8:50 am</p> <p>Mobility & Movement 9:00 am-9:25 am</p> <p>Volleyball Drop-In 4:00 pm-7:00 pm</p> | <p>Basketball Open Play All Day</p> <p>Heated Vinyasa Yoga 6:15 am-7:05 am</p> <p>School Break Camp 9:00 am-4:00 pm</p> | <p>Strong Nation by Zumba 9:00 am-9:50 am</p> <p>Pure Strength 12:00 pm-12:50 pm</p> <p>Power Kickboxing 5:30 pm-6:20 pm</p> | <p>Basketball Open Play All Day</p> <p>Barre 8:00 am-8:50 am</p> <p>Pilates Core for Athletes 11:00 am-11:50 am</p> | <p>UJAM 6:30 pm-7:20 pm</p> <p>Group Power 7:30 pm-8:20 pm</p> <p>BomBay Jam 7:30 pm-8:20 pm</p> | <p>Basketball Open Play All Day</p> <p>Volleyball Drop-In 12:00 pm-3:00 pm</p> <p>Road Ride 4:00 pm-4:20 pm</p> | <p>BomBay Jam 10:00 am-10:50 am</p> <p>Group Power 11:30 am-12:20 pm</p> <p>CPR & AED Certification 12:00 pm-1:30 pm</p> |
| 11 | 12 | <p>Boot Camp 8:00 am-8:50 am</p> <p>UJAM 9:00 am-9:50 am</p> <p>Volleyball Drop-In 4:00 pm-7:00 pm</p> | <p>Basketball Open Play All Day</p> <p>LaBlast Chair Dance 11:00 am-11:50 am</p> <p>Barre Fusion 4:30 pm-5:20 pm</p> | <p>Non-Heated Vinyasa Yoga 9:00 am-9:50 am</p> <p>Heated Cardio Barre 11:00 am-11:50 am</p> <p>Yin Yoga 5:30 pm-6:20 pm</p> | <p>Basketball Open Play All Day</p> <p>Pure Strength 9:00 am-9:50 am</p> <p>Chair Conditioning 11:00 am-11:50 am</p> | <p>HIIT 9:00 am-9:50 am</p> <p>MIXXEDFIT 10:00 am-10:50 am</p> <p>Fusion Boot Camp 6:30 pm-7:20 pm</p> | <p>Basketball Open Play All Day</p> <p>Volleyball Drop-In 12:00 pm-3:00 pm</p> <p>Heated Yoga Sculpt 7:00 pm-7:20 pm</p> | <p>Heated HIIT 9:00 am-9:50 am</p> <p>Kardio Kickboxing 10:15 am-11:05 am</p> <p>CPR & AED Certification 12:00 pm-1:30 pm</p> |
| 18 | 19 | <p>Heated HIIT 9:00 am-9:50 am</p> <p>Core & Stretch 10:00 am-10:50 am</p> <p>Volleyball Drop-In 4:00 pm-7:00 pm</p> | <p>Basketball Open Play All Day</p> <p>School Break Camp 9:00 am-4:00 pm</p> <p>Vinyasa Yoga 10:00 am-10:50 am</p> | <p>Vinyasa Yoga 6:15 am-7:05 am</p> <p>Balance Sculpt 9:00 am-9:50 am</p> <p>Heated Cardio Barre 11:00 am-11:50 am</p> | <p>Basketball Open Play All Day</p> <p>Heated Pilates 9:00 am-9:50 am</p> <p>BomBay Jam 10:00 am-10:50 am</p> | <p>Group Power 7:45 am-8:35 am</p> <p>Flowing Rhythms 11:00 am-11:50 am</p> <p>UJAM 6:30 pm-7:20 pm</p> | <p>Basketball Open Play All Day</p> <p>Kickboxing Express 9:00 am-9:50 am</p> <p>Volleyball Drop-In 12:00 pm-3:00 pm</p> | <p>Cycling Endurance Class 9:30 am-10:45 am</p> <p>Shakti Yoga Flow 10:15 am-11:05 am</p> <p>CPR & AED Certification 12:00 pm-1:30 pm</p> |
| 25 | 26 | <p>UJAM 9:00 am-9:50 am</p> <p>Pilates/Barre Master Class 12:30 pm-2:00 pm</p> <p>Volleyball Drop-In 4:00 pm-7:00 pm</p> | <p>Basketball Open Play All Day</p> <p>Tennis Social 5:30 pm-8:30 pm</p> <p>Power Cycling 6:30 pm-7:20 pm</p> | <p>Balance Sculpt 9:00 am-9:50 am</p> <p>CIRCL Mobility 11:00 am-11:50 am</p> <p>Yin Yoga 5:30 pm-6:20 pm</p> | <p>Basketball Open Play All Day</p> <p>Heated Yin Yoga 6:30 pm-7:20 pm</p> <p>Dance Fusion 7:30 pm-8:20 pm</p> | <p>Barre Fusion 9:00 am-9:50 am</p> <p>Non-Heated Vinyasa Yoga 9:00 am-9:50 am</p> <p>Rhythm Ride 5:30 pm-6:20 pm</p> | <p>Basketball Open Play All Day</p> <p>Strength Conditioning 9:00 am-9:50 am</p> <p>Volleyball Drop-In 12:00 pm-3:00 pm</p> | <p>Pickleball Social 9:00 am-12:00 pm</p> <p>Kardio Kickboxing 10:15 am-11:05 am</p> <p>CPR & AED Certification 12:00 pm-1:30 pm</p> |

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.