



Club Life

February 2026 • 425 Fitness



PRO Club Summer Camp Registration Is Open!

Best savings of the year. Enroll early.

Club Highlights

Support Augie's Quest

Save the date for the Augie's Quest Classic Kick-Off, March 13-15. Join in Club tournaments and support the cause all month at bayclubs.com/augiesquest.

Issaquah: BODYPUMP HEAVY

Build strength in our new Les Mills class featuring heavier weights, slower tempos, and longer recovery. Offered Tuesdays & Thursdays.

Les Mills Strength Development

Train progressively in this new multi-week program at Bothell designed to build power and technique. Sign up at the Front Desk by 2/8.



ENROLL NOW

Reserve your kiddo's spot for PRO Club Summer Camps and save 40% for a limited time.*

February 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BodyBalance: BL 10:00 am-11:20 am	2 Les Mills Strength Development: IS 6:00 am-6:50 am Yoga: BL 10:30 am-11:20 am Pilates: BL 7:00 pm-8:20 pm	3 Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am Yoga: BL 9:30 am-10:20 am	4 Yoga: BL 7:00 pm-8:20 pm	5 Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am	6 Les Mills Pilates: BL 8:30 am-9:20 am Yoga: BL 10:30 am-11:20 am	7
8 The Big Game 🏀 BodyBalance: BL 10:00 am-11:20 am	9 Les Mills Strength Development: IS 6:00 am-6:50 am Yoga: BL 10:30 am-11:20 am Pilates: BL 7:00 pm-8:20 pm	10 Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am Yoga: BL 9:30 am-10:20 am	11 Kettlebell Madness Pop-Up: RD 6:00 am-7:00 am Yoga: BL 7:00 pm-8:20 pm	12 InBody Day: BL Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am	13 Les Mills Pilates: BL 8:30 am-9:20 am Yoga: BL 10:30 am-11:20 am	14 Valentine's Day 
15 BodyBalance: BL 10:00 am-11:20 am	16 Les Mills Strength Development: IS 6:00 am-6:50 am Yoga: BL 10:30 am-11:20 am Pilates: BL 7:00 pm-8:20 pm	17 Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am Yoga: BL 9:30 am-10:20 am	18 Yoga: BL 7:00 pm-8:20 pm	19 Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am	20 Les Mills Pilates: BL 8:30 am-9:20 am Yoga: BL 10:30 am-11:20 am	21
22 BodyBalance: BL 10:00 am-11:20 am	23 Les Mills Strength Development: IS 6:00 am-6:50 am Yoga: BL 10:30 am-11:20 am Pilates: BL 7:00 pm-8:20 pm	24 Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am Yoga: BL 9:30 am-10:20 am InBody Day: RD 2:00 pm-6:00 pm	25 InBody Day: IS 8:00 am-10:00 am 1:00 pm-3:00 pm 5:00 pm-7:00 pm Yoga: BL 7:00 pm-8:20 pm	26 InBody Day: BL Les Mills BODYPUMP HEAVY: IS 8:30 am-9:20 am	27 Les Mills Pilates: BL 8:30 am-9:20 am Yoga: BL 10:30 am-11:20 am	28

1	2	3	4	  Shared Membership Add-On Fee Bring more of your crew onto your Shared Membership with a limited-time \$0 processing fee for Shared Add-Ons.* Get started now on Connect.		
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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.