

PRO
CLUB

Club Life

May 2026

Your Baycation Starts Here

Swim. Play. Stay Awhile.

Club Highlights

Summer Camp at PRO

There's no better place to spend summer days filled with friends, fun, and activities for every age and interest. Enroll now on Connect.

Adult & Pediatric CPR Classes

Join us any Tuesday through August 25 to earn your CPR certification with an American Red Cross class at the Club. Enroll on Connect.

Train for Your Best Summer

Build strength, improve conditioning, and feel your best this season with expert coaching and personalized programs.



Summer Open House


5/16

Kick off the season with pool games, cool treats, and family fun.

Bring a friend for FREE and have them RSVP.

May 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>May Member Perks</p> <p>In support of Women's Health Month, enjoy curated member-only savings on Prenuvo, Tona Active, and more.</p>		28	29	30	1	2
<p>3</p> <p>Reformer 9:00 am-9:55 am</p> <p>Power R/DE 9:00 am-10:00 am</p> <p>Soulful Sundays: 9:15 am-10:10 am</p>	<p>4</p> <p>Teen Strenth & Conditioning 4:30 pm-5:20 pm</p> <p>Ignite 5:30 pm-6:25 pm</p> <p>Ultimate Arms 7:00 pm-7:25 pm</p>	<p>5</p> <p>Reformer 12:00 pm-12:55 pm</p> <p>Kids Fit Lab 4:30 pm-5:15 pm</p> <p>Ignite 5:30 pm-6:25 pm</p>	<p>6</p> <p>Pilates Mat 9:00 am-9:55 am</p> <p>Ultimate Legs 12:00pm-12:50 pm</p> <p>PRO Barre 5:30 pm-6:25 pm</p>	<p>7</p> <p>TRX Total Body 12:00 pm-12:55 pm</p> <p>Kickbox and Strength 5:00 pm-5:50 pm</p> <p>Zumba 7:00 pm-7:55 pm</p>	<p>8</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Candlelight Flow Yoga 12:05 pm-1:00 pm 4:15 pm-5:10 pm</p> <p>Strength 6:30 pm-7:25 pm</p>	<p>9</p> <p>Advanced Cardio Dance Step 8:00 am-8:55 am</p> <p>Teen Strenth & Conditioning 10:00 am-10:50 am</p> <p>Weekend Yoga 12:00 pm-12:55 pm</p>
<p>10</p> <p>Mother's Day 🌸</p> <p>Reformer 9:00 am-9:55 am</p> <p>Power R/DE 9:00 am-10:00 am</p> <p>Soulful Sundays: 9:15 am-10:10 am</p>	<p>11</p> <p>Teen Strenth & Conditioning 4:30 pm-5:20 pm</p> <p>Ignite 5:30 pm-6:25 pm</p> <p>Ultimate Arms 7:00 pm-7:25 pm</p>	<p>12</p> <p>Reformer 12:00 pm-12:55 pm</p> <p>Kids Fit Lab 4:30 pm-5:15 pm</p> <p>Ignite 5:30 pm-6:25 pm</p>	<p>13</p> <p>Pilates Mat 9:00 am-9:55 am</p> <p>Ultimate Legs 12:00pm-12:50 pm</p> <p>PRO Barre 5:30 pm-6:25 pm</p>	<p>14</p> <p>TRX Total Body 12:00 pm-12:55 pm</p> <p>Kickbox and Strength 5:00 pm-5:50 pm</p> <p>Zumba 7:00 pm-7:55 pm</p>	<p>15</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Candlelight Flow Yoga 12:05 pm-1:00 pm 4:15 pm-5:10 pm</p> <p>Strength 6:30 pm-7:25 pm</p>	<p>16</p> <p>Summer Open House ☀️</p> <p>Teen Strenth & Conditioning 10:00 am-10:50 am</p> <p>Weekend Yoga 12:00 pm-12:55 pm</p> <p>Yoga Inversion Workshop 4:00 pm-5:30 pm</p>
<p>17</p> <p>Reformer 9:00 am-9:55 am</p> <p>Power R/DE 9:00 am-10:00 am</p> <p>Soulful Sundays: 9:15 am-10:10 am</p>	<p>18</p> <p>Teen Strenth & Conditioning 4:30 pm-5:20 pm</p> <p>Ignite 5:30 pm-6:25 pm</p> <p>Ultimate Arms 7:00 pm-7:25 pm</p>	<p>19</p> <p>Reformer 12:00 pm-12:55 pm</p> <p>Kids Fit Lab 4:30 pm-5:15 pm</p> <p>Ignite 5:30 pm-6:25 pm</p>	<p>20</p> <p>Pilates Mat 9:00 am-9:55 am</p> <p>Ultimate Legs 12:00pm-12:50 pm</p> <p>PRO Barre 5:30 pm-6:25 pm</p>	<p>21</p> <p>TRX Total Body 12:00 pm-12:55 pm</p> <p>Kickbox and Strength 5:00 pm-5:50 pm</p> <p>Zumba 7:00 pm-7:55 pm</p>	<p>22</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Candlelight Flow Yoga 12:05 pm-1:00 pm 4:15 pm-5:10 pm</p> <p>Strength 6:30 pm-7:25 pm</p>	<p>23</p> <p>Advanced Cardio Dance Step 8:00 am-8:55 am</p> <p>Teen Strenth & Conditioning 10:00 am-10:50 am</p> <p>Weekend Yoga 12:00 pm-12:55 pm</p>
<p>24</p> <p>Reformer 9:00 am-9:55 am</p> <p>Power R/DE 9:00 am-10:00 am</p>	<p>25</p> <p>Memorial Day 🇺🇸</p> <p>Teen Strenth & Conditioning 4:30 pm-5:20 pm</p> <p>Ignite 5:30 pm-6:25 pm</p> <p>Ultimate Arms 7:00 pm-7:25 pm</p>	<p>26</p> <p>Reformer 12:00 pm-12:55 pm</p> <p>Kids Fit Lab 4:30 pm-5:15 pm</p> <p>Ignite 5:30 pm-6:25 pm</p>	<p>27</p> <p>Pilates Mat 9:00 am-9:55 am</p> <p>Ultimate Legs 12:00pm-12:50 pm</p> <p>PRO Barre 5:30 pm-6:25 pm</p>	<p>28</p> <p>TRX Total Body 12:00 pm-12:55 pm</p> <p>Kickbox and Strength 5:00 pm-5:50 pm</p> <p>Zumba 7:00 pm-7:55 pm</p>	<p>29</p> <p>Feel Good Cardio Sculpt 8:00 am-8:55 am</p> <p>Candlelight Flow Yoga 12:05 pm-1:00 pm 4:15 pm-5:10 pm</p> <p>Strength 6:30 pm-7:25 pm</p>	<p>30</p> <p>Advanced Cardio Dance Step 8:00 am-8:55 am</p> <p>Teen Strenth & Conditioning 10:00 am-10:50 am</p> <p>Weekend Yoga 12:00 pm-12:55 pm</p>
<p>31</p> <p>Power R/DE 9:00 am-10:00 am</p> <p>Soulful Sundays: 9:15 am-10:10 am</p>	<p>Ignite 5:30 pm-6:25 pm</p> <p>Ultimate Arms 7:00 pm-7:25 pm</p>					

All calendar events will take place at BV: Bellevue unless otherwise noted. SEA: Seattle

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.