



Club Life

June 2026 • 425 Fitness



Your Best Summer Yet

Splash, unwind, restore. No travel required.

Club Highlights

Issaquah: Family Swim

Make Sundays a little more fun by enjoying an afternoon in the pool together—complimentary and no RSVP required.

Issaquah: Summer Nutrition Seminar

On June 15, join Michelle for a body recomposition talk covering the fundamentals of nutrition and building healthier long-term habits.

Bothell: Try a Trainer Day

Enjoy a complimentary session with a personal trainer on June 10 and get expert guidance tailored to your goals. Sign up at the PT Desk.





Summer Camps Are Here!

From full weeks to single-day options, it's the place to be for all-day activity and fun with friends.

There's still time to grab a spot.

June 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5 Hot Yoga: RD 5:00 pm	6
7 Family Swim: IS 1:00 pm-4:00 pm	8	9	10 Try a Trainer Day: BL All Day	11  World's Game Kicks Off BodyPump Heavy: IS 8:30 am-9:20 am	12 Les Mills Pilates: BL 8:30 am-9:20 am Hot Yoga: RD 5:00 pm	13
14 Family Swim: IS 1:00 pm-4:00 pm	15 Summer Nutrition Seminar: IS 6:00 pm	16	17	18	19 Hot Yoga: RD 5:00 pm	20
21 First Official Day of Summer Father's Day Family Swim: IS 1:00 pm-4:00 pm	22	23	24 InBody Day: IS 8:00 am-10:00 am 12:00 pm-2:00 pm 5:00 pm-7:00 pm	25	26	27
28 Family Swim: IS 1:00 pm-4:00 pm	29	30	1	2	 <p>June Member Perk</p> <p>Enjoy 20% member-only savings on MiiR drinkware, accessories, and more.</p>	

BL: Bothell 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.