



Club Life

July 2026 • 425 Fitness



This Is Baycation

Big matches. Big splashes. Peak summer fun.

Club Highlights

Family Open Swim

Make the most of the season with family swim time at our Redmond and Issaquah locations. Check with your Club for hours and details.

Issaquah: BODYPUMP HEAVY

Try this remixed version of the LES MILLS BODYPUMP class that focuses on heavier lifting and lower repetitions. Offered Tuesdays at 8:30 am.

LES MILLS PILATES

Experience LES MILLS PILATES, now available at all three Club locations. View the class schedule for days and times.




The Best Part of Summer: Camp

Give your kids a summer filled with sports, swimming, new friendships, and unforgettable memories. Scan to join the fun.

July 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Hot Yoga: IS 5:00 pm-5:50 pm	2	3	4  Fourth of July Holiday Hours 6:00 am-2:00 pm
5 Family Open Swim: IS 1:00 pm-4:00 pm	6	7 BODYPUMP HEAVY: IS 8:30 am-9:20 am Mat Pilates: RD 9:30 am-10:20 am	8	9 BODYCOMBAT: BL 9:30 am-10:20 am	10	11
12 Family Open Swim: IS 1:00 pm-4:00 pm	13	14 GRIT: IS 5:30 pm-5:55 pm	15	16	17 LES MILLS PILATES: BL 8:30 am-9:20 am	18
19 Family Open Swim: IS 1:00 pm-4:00 pm BODYPUMP: BL 6:00 pm-6:50 pm	20	21 LES MILLS SHAPES: RD 10:30 am-11:20 am	22	23	24	25 Family Open Swim: RD 1:00 pm-4:00 pm
26 Family Open Swim: IS 1:00 pm-4:00 pm	27	28 BODYPUMP HEAVY: IS 8:30 am-9:20 am	29	30	31	1

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.