



# Club Life

July 2026 • Los Angeles



## This Is Baycation

Big matches. Big splashes. Peak summer fun.

### Club Highlights

#### World's Game at the Club

The soccer excitement continues this month with watch parties, special events, and match-day energy at the Club. See the Front Desk for details.

#### Weight Room Wars

Turf Wars has moved indoors! Take on new weekly challenges in the weight and cardio rooms at Redondo Beach and compete against fellow members.

#### Intro to Reformer Pilates

Curious about Reformer Pilates? This beginner-friendly class at El Segundo is the perfect place to start. \$35 per class. Register on Connect.



#### 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	2	3	4 <b>Fourth of July</b>
			Intermediate Pickleball Lessons: ES 10:30 am-11:45 am	Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm Ability Lab Trial Run: SM 5:30 pm	Stretch & Strengthen with Michele: ES 6:30 am	Holiday Hours SM 7:00 am-3:00 pm ES & RB 7:00 am-4:00 pm No Family Swim or Childcare: ES All Day Weight Room Wars: RB 9:00 am-11:00 am
5 Family Swim: ES 10:00 am-3:00 pm	6	7 Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	8 HIIT with Rufus: SM 8:00 am Intermediate Pickleball Lessons: ES 10:30 am-11:45 am	9 Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	10 Barre Fusion with Wendy: SM 9:00 am Kids Night Out Science Bouncy Balls: ES 5:00 pm-8:00 pm	11 Intro to Reformer Pilates: ES 9:00 am-10:00 am Weight Room Wars: RB 9:00 am-11:00 am Family Swim: ES 1:00 pm-3:00 pm
12 Family Swim: ES 10:00 am-3:00 pm GlideFit Yoga and Core: RB 2:00 pm	13	14 Yoga Flow with Ellen: SM 4:30 pm Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	15 Intermediate Pickleball Lessons: ES 10:30 am-11:45 am	16 Barre Fusion with Lanie: SM 7:00 am Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	17 Kids Night Out Slime Night: ES 5:00 pm-8:00 pm	18 Intro to Reformer Pilates: ES 9:00 am-10:00 am Weight Room Wars: RB 9:00 am-11:00 am Family Swim: ES 1:00 pm-3:00 pm
19 Family Swim: ES 10:00 am-3:00 pm	20	21 Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	22 Intermediate Pickleball Lessons: ES 10:30 am-11:45 am Pure Strength with Rufus: SM 12:00 pm	23 Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	24 Pumped-Up Strength with Ellen: SM 11:00 am Kids Night Out July Freeze: ES 5:00 pm-8:00 pm	25 Fitness Showcase: ES 9:00 am-1:00 pm Mid-Year Reset with Christina: RB 11:00 am Family Swim: ES 1:00 pm-3:00 pm
26 Family Swim: ES 10:00 am-3:00 pm	27	28 Core Sculpt with Will: SM 9:00 am Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	29 Intermediate Pickleball Lessons: ES 10:30 am-11:45 am	30 Rhythm Ride with Kirsten: SM 7:00 am Student Weight Lifting with Jaime: ES 5:00 pm-5:50 pm	31 Kids Night Out Fairy Houses: ES 5:00 pm-8:00 pm	1

ES: El Segundo RB: Redondo Beach SM: Santa Monica

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.