



Club Life

July 2026 • Fremont



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.

Family Yoga

Get the whole family moving in this complimentary yoga class, open to ages 6+. Join us every Saturday at 11:30 am and make it a weekly tradition.

Tennis Drills & Live Ball

Sharpen your doubles strategy and elevate your game in this Thursday evening clinic for 3.0-3.5 players. Enroll 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 |  Fourth of July Holiday Hours 7:00 am-4:00 pm Cycling Endurance Class 9:30 am-10:45 am Shakti Yoga Flow 10:15 am-11:30 am |
| 5 Heated Pilates Fusion 8:00 am-8:50 am Mobility & Movement 9:00 am-9:25 am BomBay Jam 11:00 am-11:50 am | 6 Brazilian Beats 9:00 am-9:50 am Strength & Conditioning 11:00 am-11:50 am Performance Cycle 12:00 pm-12:50 pm | 7 Vinyasa Yoga 6:15 am-7:05 am Heated Vinyasa Yoga 9:00 am-9:50 am CIRCL Mobility 11:00 am-11:50 am | 8 Pure Strength 9:00 am-9:50 am BomBay Jam 10:00 am-10:50 am Mat Pilates 4:30 pm-5:20 pm | 9 Rise and Ride 6:15 am-7:05 am Barre Fusion 9:00 am-9:50 am Adults Tennis Drills & Live Ball 6:30 pm-8:00 pm | 10 Kickboxing Express 9:00 am-9:50 am Heated HIIT 12:00 pm-12:50 pm Road Ride 4:00 pm-4:50 pm | 11 Morning Vinyasa Flow 8:00 am-8:50 am Zumba 9:00 am-9:50 am Core and More 9:00 am-9:50 am |
| 12 Yoga & Meditation 9:00 am-9:50 am UJAM 9:00 am-9:50 am Core and Stretch 10:00 am-10:50 am | 13 Barre 8:00 am-8:50 am Strong Nation 9:00 am-9:50 am Performance Cycle 12:00 pm-12:50 pm | 14 Boot Camp 6:15 am-7:05 am Balance Sculpt 9:00 am-9:50 am Heated Vinyasa Yoga 12:00 pm-12:50 pm | 15 Chair Conditioning 11:00 am-11:50 am Pure Strength 4:30 pm-5:20 pm Kardio Kickboxing 6:40 pm-7:30 pm | 16 Group Power 7:45 am-8:35 am MixedFit 10:00 am-10:50 am Fusion Boot Camp 6:30 pm-7:20 pm | 17 Heated Vinyasa Yoga 7:30 am-8:20 am Vinyasa Yoga 10:00 am-10:50 am Adaptive Tai Chi Flow 4:30 pm-5:20 pm | 18 Cycling Endurance Class 9:30 am-10:45 am Kardio Kickboxing 10:15 am-11:30 am Group Power 11:30 am-12:20 pm |
| 19 Road Ride 9:00 am-9:50 am Hatha Yoga 10:00 am-10:50 am Tai Chi 11:30 am-12:20 pm | 20 Heated Vinyasa Yoga 6:15 am-7:05 am Barre 8:00 am-8:50 am LaBlast Dance 10:00 am-10:50 am | 21 Strong Nation 9:00 am-9:50 am Pure Strength 12:00 pm-12:50 pm Aqua Fit 6:30 pm-7:20 pm | 22 Pure Strength 9:00 am-9:50 am Pilates Core for Athletes 11:00 am-11:50 am Kardio Kickboxing 6:40 pm-7:30 pm | 23 Vinyasa Yoga 10:00 am-10:50 am LaBlast Silk 11:00 am-11:50 am Power Kickboxing with Bags 5:30 pm-6:20 pm | 24 Boot Camp 6:15 am-7:05 am Heated Vinyasa Yoga 7:30 am-8:20 am Pilates Unreformed Flow 11:30 am-12:20 pm | 25 Heated Barre 8:00 am-8:50 am Aqua Fit 9:00 am-9:50 am Family Yoga 11:30 am-12:20 pm |
| 26 Heated Pilates Fusion 8:00 am-8:50 am Road Ride 9:00 am-9:50 am BomBay Jam 11:00 am-11:50 am | 27 Barre 8:00 am-8:50 am Strength & Conditioning 11:00 am-11:50 am Performance Cycle 12:00 pm-12:50 pm | 28 Heated Barre Fusion 11:00 am-11:50 am Bar and Bells 4:30 pm-5:20 pm Zumba 7:30 pm-8:20 pm | 29 Aqua Fit 9:10 am-10:00 am BomBay Jam 10:00 am-10:50 am Body Blast 5:30 pm-6:20 pm | 30 Heated Balance Sculpt 11:00 am-11:50 am Pop Pilates 4:30 pm-5:20 pm Group Power 7:30 pm-8:20 pm | 31 Boot Camp 6:15 am-7:05 am Heated HIIT 12:00 pm-12:50 pm Adaptive Tai Chi 4:30 pm-5:20 pm | 1 |