

PRO
CLUB

Club Life

August 2026



The
Best Part of
Your Day

Club Highlights

Summer Camps

There's still plenty of summer fun ahead with sports, outdoor adventures, and specialty camps at PRO and Arena Sports. Members save 25%.*

Fall Tennis Programming

Afterschool tennis programs for ages 6-18 are now open for enrollment on Connect. Build skills, gain confidence, and take your game to the next level.

Fall Ball

Registration is now open for our Jr. Varsity, Varsity, and Adult basketball programs this fall. Sign up on Connect to secure your spot on the court.



**TEN
ON ONE**

Shared Membership is designed for your whole crew. Share your favorite sports, amenities, and moments together.

Scan to get started.

August 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August Member Perk Elevate your bed and bath experience with 15% off at Coyuchi.		28	29	30	31	1
						TRX Total Body 7:30 am-8:25 am Advanced Cardio Dance Step 8:00 am-8:55 am Weekend Yoga 12:00 pm-12:55 pm
2	3	4	5	6	7	8
Fit Lab 10:15 am-11:05 am PRO Bollywood 10:30 pm-11:25 am All Levels Yoga 12:00 pm-12:55 pm	Feel Good Cario Sculpt 8:00 am-8:55 am H2O Cardio 8:15 am-9:15 am STRONG 5:30 pm-6:20 pm	Step & Strength 9:00 am-9:55 am Fit Lab 12:00 pm-12:55 pm Ultimate Arms 7:00 pm-7:25 pm	STRONG 6:30 am-7:20 am Cardio Core 5:00 pm-5:50 pm Ultimate Legs 6:00 pm-6:50 pm	Feel Good & Stretch 8:00 am-8:25 am Zumba 10:00 am-10:55 am Kickbox & Strength 5:00 pm-5:50 pm	Fit Lab 6:30 am-7:25 am Mat Pilates 11:00 am-11:55 am TRX Total Body 5:30 pm-6:25 pm	National Pickleball Day  TRX Total Body 7:30 am-8:25 am Power R/DE 10:15 am-11:15 am Weekend Yoga 12:00 pm-12:55 pm
9	10	11	12	13	14	15
Fit Lab 10:15 am-11:05 am PRO Bollywood 10:30 pm-11:25 am All Levels Yoga 12:00 pm-12:55 pm	Feel Good Cario Sculpt 8:00 am-8:55 am H2O Cardio 8:15 am-9:15 am STRONG 5:30 pm-6:20 pm	Step & Strength 9:00 am-9:55 am Fit Lab 12:00 pm-12:55 pm Ultimate Arms 7:00 pm-7:25 pm	STRONG 6:30 am-7:20 am Cardio Core 5:00 pm-5:50 pm Ultimate Legs 6:00 pm-6:50 pm	Feel Good & Stretch 8:00 am-8:25 am Zumba 10:00 am-10:55 am Kickbox & Strength 5:00 pm-5:50 pm	Fit Lab 6:30 am-7:25 am Mat Pilates 11:00 am-11:55 am TRX Total Body 5:30 pm-6:25 pm	TRX Total Body 7:30 am-8:25 am Power R/DE 10:15 am-11:15 am Weekend Yoga 12:00 pm-12:55 pm
16	17	18	19	20	21	22
Fit Lab 10:15 am-11:05 am PRO Bollywood 10:30 pm-11:25 am All Levels Yoga 12:00 pm-12:55 pm	Feel Good Cario Sculpt 8:00 am-8:55 am H2O Cardio 8:15 am-9:15 am STRONG 5:30 pm-6:20 pm	Step & Strength 9:00 am-9:55 am Fit Lab 12:00 pm-12:55 pm Ultimate Arms 7:00 pm-7:25 pm	STRONG 6:30 am-7:20 am Cardio Core 5:00 pm-5:50 pm Ultimate Legs 6:00 pm-6:50 pm	Feel Good & Stretch 8:00 am-8:25 am Zumba 10:00 am-10:55 am Kickbox & Strength 5:00 pm-5:50 pm	Fit Lab 6:30 am-7:25 am Mat Pilates 11:00 am-11:55 am TRX Total Body 5:30 pm-6:25 pm	TRX Total Body 7:30 am-8:25 am Advance Cardio Dance Step 8:00 am-8:55 am Weekend Yoga 12:00 pm-12:55 pm
23	24	25	26	27	28	29
Fit Lab 10:15 am-11:05 am PRO Bollywood 10:30 pm-11:25 am	Feel Good Cario Sculpt 8:00 am-8:55 am H2O Cardio 8:15 am-9:15 am	Step & Strength 9:00 am-9:55 am Fit Lab 12:00 pm-12:55 pm Ultimate Arms 7:00 pm-7:25 pm	STRONG 6:30 am-7:20 am Cardio Core 5:00 pm-5:50 pm Ultimate Legs 6:00 pm-6:50 pm	Feel Good & Stretch 8:00 am-8:25 am Zumba 10:00 am-10:55 am Kickbox & Strength 5:00 pm-5:50 pm	Fit Lab 6:30 am-7:25 am Mat Pilates 11:00 am-11:55 am TRX Total Body 5:30 pm-6:25 pm	Advance Cardio Dance Step 8:00 am-8:55 am Teen Strength & Conditioning 10:00 am-10:50 am HIGH Fitness 10:30 am-11:25 am
30	31					
U.S. Tennis Championships Begin 	H2O Cardio 8:15 am-9:15 am STRONG 5:30 pm-6:20 pm					

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.