



Club Life

August 2026 • Fremont



The
Best Part of
Your Day

Club Highlights

Summer Camps

There's still plenty of summer fun ahead with August theme weeks like Jurassic Adventures, Ocean Explorers, and more. Members save 25%.*

HYROX Summer Series

Test your strength and endurance on August 29 with a high-energy fitness challenge for ages 12+. Email Melissa.Pojanamat@bayclubs.com to sign up.

Strike Like Lightning

Experience a fast-paced, full-body workout that combines kickboxing and cardio conditioning every Thursday at 7:00 pm. \$35 per session.



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
						CPR, AED & First Aid Certification 12:00 pm-1:30 pm Sound Bath Healing Workshop 12:30 pm-1:45 pm DEEPWORK 7:45 pm-8:35 pm
2	3	4	5	6	7	8 National Pickleball Day 🎾
Aqua Fit 9:00 am-9:50 am Road Ride 9:00 am-9:50 am Hatha Yoga 10:00 am-10:50 am	Strength & Conditioning 6:15 am-7:05 am Brazilian Beats 9:00 am-9:50 am Ignite 5:30 pm-6:20 pm	Zumba 10:00 am-10:50 am Bars and Bells: Lower Body + Core 4:30 pm-5:20 pm Group Power 7:30 pm-8:20 pm	BomBay Jam 10:00 am-10:50 am Pilates Core for Athletes 11:00 am-11:50 am Body Blast 5:30 pm-6:20 pm	HIIT 9:00 am-9:50 am Pure Strength 12:00 pm-12:50 pm Adult Tennis: Drills & Live Ball 3.0-3.5 6:30 pm-8:00 pm	Boot Camp 6:15 am-7:05 am Group Power 8:00 am-8:50 am Road Ride 4:00 pm-4:50 pm	Cycling Endurance Class 9:30 am-10:45 am CPR, AED & First Aid Certification 12:00 pm-1:30 pm Sound Bath Healing Workshop 12:30 pm-1:45 pm
9	10	11	12	13	14	15
Heated Pilates Fusion 8:00 am-8:50 am Hatha Yoga 10:00 am-10:50 am BomBay Jam 11:00 am-11:50 am	Brazilian Beats 9:00 am-9:50 am LaBlast Ballroom Dance 10:00 am-10:50 am Heated Mat Pilates 12:00 pm-12:50 pm	Vinyasa Yoga 6:15 am-7:05 am Heated Vinyasa Yoga 9:00 am-9:50 am Rhythm Ride 6:00 pm-6:50 pm	Barre 8:00 am-8:50 am HIIT 10:00 am-10:50 am Mat Pilates 4:30 pm-5:20 pm	Group Power 7:45 am-8:35 am Aqua Fit 10:00 am-10:50 am Pure Strength 12:00 pm-12:50 pm	Boot Camp 6:15 am-7:05 am Zumba 10:00 am-10:50 am Heated Vinyasa Yoga 7:30 pm-8:20 pm	Shakti Yoga Flow 10:15 am-11:30 am CPR, AED & First Aid Certification 12:00 pm-1:30 pm Sound Bath Healing Workshop 12:30 pm-1:45 pm
16	17	18	19	20	21	22
Mobility & Movement 9:00 am-9:50 am Hatha Yoga 10:00 am-10:50 am Tai Chi 11:30 am-12:20 pm	LaBlast Chair 11:00 am-11:50 am Ignite 5:30 pm-6:20 pm Power Cycling 6:30 pm-7:20 pm	CIRCL Mobility 11:00 am-11:50 am Bars and Bells: Lower Body + Core 4:30 pm-5:20 pm Fusion Kickboxing 6:30 pm-7:20 pm	Pure Strength 9:00 am-9:50 am HIIT 10:00 am-10:50 am Body Blast 5:30 pm-6:20 pm	Barre Fusion 9:00 am-9:50 am MixxedFit 10:00 am-10:50 am Pure Strength 12:00 pm-12:50 pm	Kickboxing Express 9:00 am-9:50 am Pilates Unreformed Flow 11:30 am-12:20 pm Adaptive Tai Chi Flow 5:30 pm-6:20 pm	BomBay Jam 10:15 am-11:05 am CPR, AED & First Aid Certification 12:00 pm-1:30 pm Sound Bath Healing Workshop 12:30 pm-1:45 pm
23	24	25	26	27	28	29
Boot Camp 8:00 am-8:50 am Road Ride 9:00 am-9:50 am	Strong Nation 9:00 am-9:50 am UJAM 5:30 pm-6:20 pm	Balance Sculpt 9:00 am-9:50 am Zumba 10:00 am-10:50 am Heated Barrelates 5:30 pm-6:20 pm	Chair Conditioning 11:00 am-12:15 pm Heated HIIT 12:00 pm-12:50 pm Fusion Qigong Core & Vo Vi Breathing Meditation 5:30 pm-6:20 pm	Pop Pilates 4:30 pm-5:20 pm UJAM 6:30 pm-7:20 pm Shakti Yoga Flow 7:30 pm-8:45 pm	Aqua Fit 9:50 am-10:40 am Heated HIIT 12:00 pm-12:50 pm LaBlast Ballroom Dance 6:00 pm-6:50 pm	Family Yoga 11:30 am-12:20 pm CPR, AED & First Aid Certification 12:00 pm-1:30 pm Sound Bath Healing Workshop 12:30 pm-1:45 pm
30	31					
U.S. Tennis Championships Begin 🎾	Power Cycling 6:30 pm-7:20 pm BomBay Jam 7:45 pm-8:35 pm					