



Club Life

September 2026 • Portland

Fall Into More Days Like This



Club Highlights

Pickleball Tournament

Hit the courts September 13 for a day of friendly competition open to all skill levels, ages 16+. Scan the QR codes around the Club to sign up.

Rock Climbing: Bouldering Night

Take on new bouldering challenges, meet fellow climbers, and pick up a few tips September 23 at 5:00 pm. All levels welcome, ages 13+.

Fall Basketball League

Get in the game Tuesday nights with our competitive fall league for advanced players ages 18+.. Email Ty.Cleland@bayclubs.com to learn more.



More Together

From weekday workouts to weekend traditions, bring your favorite people into the routine with Shared Membership.

Scan to get started.

September 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September Member Perk Enjoy 20% off Club Recess's elevated women's apparel, paddles, and accessories for pickleball, tennis, and beyond.		1	2	3	4	5
		Functional Training 7:00 am-7:50 am	30 Rock 7:15 am-7:40 am	Aqua Blast 9:00 am-9:50 am	Run Club 9:30 am-10:05 am	Cycle Strength 9:45 am-10:35 am
		Refine & Align Chair Pilates 10:45 am-11:35 am	Adult Rock Climbing Night 5:00 pm-5:50 pm	3D Powersculpt 4:30 pm-5:20 pm	Zumba 10:30 am-11:20 am	Reformer Pilates: All Levels 11:00 am-11:50 am
					Reformer Pilates: Intermediate 12:00 pm-12:50 pm	
6	7	8	9	10	11	12
Adult Swim 7:00 am-12:00 pm	Labor Day ☀️ Holiday Hours 7:00 am-7:00 pm	Total Body Circuit Training 7:00 am-7:50 am	Kettlebell Training 11:00 am-12:00 pm	HIIT Squad 11:30 am-12:20 pm	Free Guest Friday All Day	Advanced Drop-In Basketball 7:00 am-9:00 am
Restorative Yoga 12:00 pm-12:50 pm	Pickleball 201 10:00 am-10:50 am	Reformer Pilates 8:10 am	Boxing: FIGHT 11:30 am-12:20 pm	Adult Swim: Live Music with Bylines 5:00 pm-10:00 pm	Family Fun Friday 5:00 pm-7:00 pm	Yin & More 9:30 am-10:20 am
	Power Circuit 5:30 pm-6:20 pm	HIIT Squad 11:30 am-12:20 pm	Adult Rock Climbing 5:00 pm-6:00 pm			
13	14	15	16	17	18	19
Adult Swim 7:00 am-12:00 pm	Group Power 8:05 am-8:55 am	HIIT Squad 11:30 am-12:20 pm	Kettlebell Training 11:00 am-12:00 pm	HIIT Squad 11:30 am-12:20 pm	Run Club 9:30 am-10:05 am	Boxing: FIGHT 9:00 am-9:50 am
Pickleball Tournament 10:00 am-5:00 pm	Boxing: FIGHT 11:30 am-12:20 pm	Core Strength Conditioning 12:00 pm-12:50 pm	Boxing: FIGHT 11:30 am-12:20 pm	Adult Swim: Volleyball 5:30 pm-7:30 pm	Family Fun Friday 5:00 pm-7:00 pm	Aqua Blast 9:00 am-9:50 am
Athletic Vinyasa Yoga 10:30 am-11:45 am		Basketball League 6:30 pm-8:30 pm	Adult Rock Climbing 5:00 pm-6:00 pm			
20	21	22	23	24	25	26
Adult Swim 7:00 am-12:00 pm	Pickleball 201 10:00 am-10:50 am	First Day of Fall 🍁 Intelligent Cycling: The Journey 9:15 am-10:05 am	Pickleball Open Play 55+ 8:00 am-9:30 am	HIIT Squad 11:30 am-12:20 pm	Run Club 9:30 am-10:05 am	Advanced Drop-In Basketball 7:00 am-9:00 am
Athletic Vinyasa Yoga 10:30 am-11:45 am	Boxing: FIGHT 11:30 am-12:20 pm	Pickleball 101 10:30 am-11:30 am	Kettlebell Training 11:00 am-12:00 pm	Adult Swim: Live Music with Tiffany Bird 5:30 pm-7:30 pm	Family Fun Friday 5:00 pm-7:00 pm	Boxing: FIGHT 9:00 am-9:50 am
		Basketball League 6:30 pm-8:30 pm	Rock Climbing: Bouldering Night 5:00 pm-7:00 pm			
27	28	29	30	1	2	3
Adult Swim 7:00 am-12:00 pm	Pickleball 201 10:00 am-10:50 am	Pickleball 101 10:30 am-11:30 am	Kettlebell Training 11:00 am-12:00 pm			
Athletic Vinyasa Yoga 10:30 am-11:45 am	Boxing: FIGHT 11:30 am-12:20 pm	HIIT Squad 11:30 am-12:20 pm	Boxing: FIGHT 11:30 am-12:20 pm			
		Basketball League 6:30 pm-8:30 pm	Adult Rock Climbing 5:00 pm-6:00 pm			