



Club Life

September 2026 • Fremont



Fall Into More Days
Like This

Club Highlights

Tennis Drills & Live Ball

Sharpen your doubles game with drills focused on consistency, control, and positioning. Thursdays at 6:30 pm for NTRP 3.0–3.5 players.

Bone Strong 50+

Build strength, support bone health, and improve balance with resistance training for women 50+. Email Ariel.Sanpedro@bayclubs.com to enroll.

Strike Like Lightning

Power through a high-energy, full-body workout combining kickboxing and cardio conditioning every Thursday at 7:00 pm. \$35 per session.



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
		Vinyasa Yoga 6:15 am-7:05 am	Barre 8:00 am-8:50 am	Aqua Fit 10:00 am-10:50 am	BomBay Jam 11:30 am-12:20 pm	Morning Vinyasa Flow 8:00 am-8:50 am
		Boot Camp 6:15 am-7:05 am	Heated Yoga Sculpt 8:00 am-8:50 am	Vinyasa Yoga 10:00 am-10:50 am	Pilates Unreformed Flow 11:30 am-12:20 pm	Zumba 9:00 am-9:50 am
		Road Ride 8:00 pm-8:50 pm	Pure Strength 9:00 am-9:50 am	Heated Balance Sculpt 11:00 am-11:50 am	Heated HIIT 12:00 pm-12:50 pm	DEEPWORK 7:45 pm-8:35 pm
6	Labor Day ☀️ 7	8	9	10	11	12
Boot Camp 8:00 pm-8:50 pm	Holiday Hours 7:00 am-7:00 pm	CIRCL Mobility 11:00 am-11:50 am	Heated Pilates 9:00 am-9:50 am	MixxedFit 10:00 am-10:50 am	Group Power 8:00 am-8:50 am	Core and More 9:05 am-9:55 am
UJAM 9:00 am-9:50 am	Strength Conditioning 6:15 am-7:05 am	Pure Strength 12:00 pm-12:50 pm	HIIT 10:00 am-10:50 am	LaBlast Silk 11:00 am-11:50 am	Pilates Unreformed Flow 11:30 am-12:20 pm	Cycling Endurance Class 9:30 am-10:45 am
Core and Stretch 10:00 am-10:50 am	Barre 8:00 pm-8:50 pm	Bars and Bells: Lower Body & Core 4:30 pm-5:20 pm	Bars and Bells: Lower Body & Core 4:30 pm-5:20 pm	Adult Tennis Drills & Live Ball: 3.0-3.5 6:30 pm-8:00 pm	MixxedFit 6:00 pm-7:00 pm	Family Yoga 11:30 am-12:20 pm
	Brazilian Beats 9:00 am-9:50 am					
13	14	15	16	17	18	19
Heated Pilates Fusion 8:00 pm-8:50 pm	Aqua Fit 9:00 am-9:50 am	Yin Yoga 5:30 pm-6:20 pm	Mat Pilates 4:30 pm-5:20 pm	Barre Fusion 9:00 am-9:50 am	BomBay Jam 11:30 am-12:20 pm	Heated Barre 8:00 am-8:50 am
Yoga Flow & Recovery Stretch 9:00 am-9:50 am	LaBlast Ballroom Dance Fitness 10:00 am-10:50 am	Heated Barrelates 5:30 pm-6:20 pm	Body Blast 5:30 pm-6:20 pm	Power Kickboxing with Bags 5:30 pm-6:20 pm	Adaptive Tai Chi Flow 4:30 pm-5:20 pm	Shakti Yoga Flow 10:15 am-11:30 am
Heated Yin Yoga 11:00 am-11:50 am	IGNITE 5:30 pm-6:20 pm	Heated Vinyasa Power Flow 7:45 pm-8:35 pm	Cardio Kickboxing 6:40 pm-7:30 pm	UJAM 6:30 pm-7:20 pm	Heated Power Strength Flow 6:00 pm-6:50 pm	Group Power 11:30 am-12:20 pm
20	21	22	23	24	25	26
Hatha Yoga 10:00 am-10:50 am	Strong Nation 9:00 am-9:50 am	First Day of Fall 🍁	Pure Strength 9:00 am-9:50 am	HIIT 9:00 am-9:50 am	Strength Conditioning 9:00 am-9:50 am	DEEPWORK 7:45 am-8:35 am
Heated Yin Yoga 11:00 am-11:50 am	Brazilian Beats 9:00 am-9:50 am		Pilates CORE for Athletes 11:00 am-11:50 am	Heated Balance Sculpt 11:00 am-11:50 am	Kickboxing Express 9:00 am-9:50 am	Aqua Fit 9:00 am-9:50 am
BomBay Jam 11:00 am-11:50 am	Performance Cycle 12:00 pm-12:50 pm		Chair Conditioning 11:00 am-11:50 am	Pop Pilates 4:30 pm-5:20 pm	Adaptive Tai Chi Flow 4:30 pm-5:20 pm	Zumba 9:00 am-9:50 am
27	28	29	30	1	2	3
Mobility and Movement 9:00 am-9:25 am	Strong Nation 9:00 am-9:50 am	Pure Strength 12:00 pm-12:50 pm	Body Blast 5:30 pm-6:20 pm			
BomBay Jam 11:00 am-11:50 am	LaBlast Chair 11:00 am-11:50 am	Yin Yoga 5:30 pm-6:20 pm	Fusion Qigong Core & Vo Vi Breathing Meditation 5:30 pm-6:20 pm			
Tai Chi 11:30 am-12:20 pm	UJAM 5:30 pm-6:20 pm	Edge Strength with Coach Dave 7:30 pm-8:20 pm	Heated Yoga, Breathwork & Meditation 7:45 pm-8:35 pm			