



## Prices:

**Bay Club Member      \$40 per class**  
**\$120 for the month**

**Non Bay Club Member \$50 per class**  
**\$150 per month**

(Non members receive use of the locker room facility before and after the class.)

**Contact Marty Mattox at [aquatics@sfbayclub.com](mailto:aquatics@sfbayclub.com)**  
**or call (415) 986-4979**



**The San Francisco Bay Club**  
 150 Greenwich Street, San Francisco, CA 94111  
 (415)433-2200

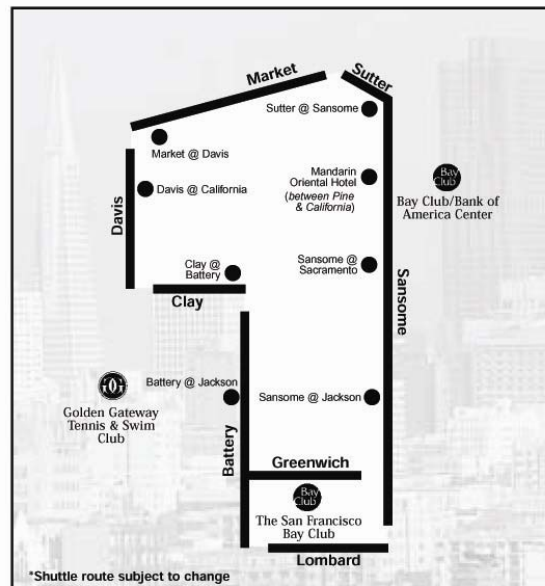
### Shuttle Departure Time from The San Francisco Bay Club

Morning Shuttle	Afternoon Shuttle	Evening Shuttle
6:15 AM	12:00 PM	5:00 PM
6:45 AM	12:15 PM	5:15 PM
7:15 AM	12:30 PM	5:30 PM
7:45 AM	12:45 PM	5:45 PM
8:15 AM	1:00 PM	6:00 PM
8:45 AM	1:15 PM	6:15 PM
9:15 AM	1:30 PM	6:30 PM
9:45 AM	1:45 PM	6:45 PM
10:15 AM	2:00 PM	7:00 PM
10:45 AM	2:15 PM	7:15 PM
11:00 AM	2:30 PM	7:45 PM
11:15 AM	3:00 PM	8:15 PM
11:30 AM	3:30 PM	8:45 PM
11:45 AM	4:00 PM	
	4:15 PM	
	4:30 PM	
	4:45 PM	

### Shuttle Stops and Estimated Arrival Time\* from The San Francisco Bay Club

Battery @ Jackson	2 - 3 minutes
Clay @ Battery	3 - 5 minutes
Davis @ California	5 - 6 minutes
Market @ Davis	6 - 7 minutes
Sutter @ Sansome	7 - 8 minutes
Mandarin Oriental Hotel	8 - 9 minutes
Sansome @ Sacramento	9 - 10 minutes
Sansome @ Jackson	10 - 12 minutes

\*Please note that these are estimated times based on departure times from The San Francisco Bay Club.



**Ultrahealth**  
 Physical Therapy and Training

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