

# COMMUNITY

## connection



As November is a month of Thanksgiving, I'd like to start by thanking all of our members for enduring these past few months of construction noise and limited parking. We understand this process was trying for everyone and we'd like to show our appreciation by hosting a complimentary **Thanksgiving Member Appreciation Party** on Thursday, November 16<sup>th</sup>. In the CVAC Lobby, from 5:00 to 7:30 pm, we will be serving delicious dishes from Moises accompanied by great wine and music by local singer/guitarist Kip Allert. In addition, Refuge will be open for complimentary admissions for all CVAC Members only from 4:00 to 10:00 pm. No Refuge reservations will be needed for this night, so bring your swimsuit and prepare to relax and enjoy...you deserve it!

All-Inclusive CVAC Members, your October Refuge passes will be added to your unused August and September admissions and will be extended until December 31, 2023. We appreciate your patience as there has been limited availability due to preserving parking for member usage.

As the gift giving season is quickly approaching, CVAC will be offering you the opportunity to **Give the Gift of Health!** See Jeff Reyes, Membership Director, for a complimentary gift certificate that you can give your family and friends so they can experience CVACLife!

Also in the spirit of Thanksgiving we'd like to thank everyone for voting us Best Spa AND Best Athletic/Health Club for the 2023 Golden Pine Cone Awards!! We are beyond grateful to be voted

Best Spa twice this year and add Best Athletic Club to this already tremendous honor. Thank you to our loyal members and guests!

Kim Beene  
General Manager

### CVAC & REFUGE HOLIDAY HOURS

Thanksgiving: 10 am — 3 pm  
Christmas Eve: 10 am — 3 pm  
Christmas Day: Closed  
New Year's Eve: 10 am — 3 pm  
New Year's Day: Regular  
Schedule

CVAC Café will be closed  
Friday, December 22<sup>nd</sup> through  
Friday, January 12<sup>th</sup>.

### SAVE THE DATE

December 15<sup>th</sup> — Member  
Holiday Party



# November Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  FIT 45: TRX 45	2  FIT 45: Build the Booty	3	4  Tennis ROP
5  Tennis & Pickleball ROP	6	7 Pickleball ROP FIT 45: Build the Booty	8 FIT 45: TRX 45 Pub Talk with CVAC	9  FIT 45: Build the Booty	10	11  Tennis ROP
12 Hike with Pups Tennis & Pickleball ROP	13	14 Pickleball ROP FIT 45: Build the Booty	15  FIT 45: TRX 45	16 Member Appreciation Party FIT 45: Build the Booty	17  CVAC Tennis Club Championship	18  CVAC Tennis Club Championship
19  CVAC Tennis Club Championship	20	21 Pickleball ROP FIT 45: Build the Booty	22  FIT 45: TRX 45	23 CVAC Turkey Trot No GroupX Classes	24	25  Tennis ROP
26  Tennis & Pickleball ROP	27	28 Pickleball ROP FIT 45: Build the Booty	29	30  FIT 45: Build the Booty		

## FIT 45

Level up your workout routine with a 45-minute small group personal training class. TRX 45 on Wednesdays; Build the Booty on Tuesdays & Thursdays. All levels. \$30 per class. 10 to 10:45 am.

## TENNIS & PICKLEBALL ROP (REGISTERED OPEN PLAY)

Tennis: 10:30 am Saturdays & Sundays. Pickleball: 4-6 pm Tuesdays, Thursdays & Sundays and 11 am-1 pm Saturdays. 24-hour pre-registration is advised.

## PUB TALK WITH CVAC

Join us for a special edition of

KRML's Pub talk with the Director of Refuge and CVAC's Membership Director. Tune in at 94.7 FM. 5 pm.

## HIKE WITH PUPS

Four-mile, easy-to-moderate hike at Jack's Peak with the pups. Contact Kimi@CVAClife.com. 9 am.

## MEMBER APPRECIATION PARTY

Join us for a complimentary Thanksgiving Member Appreciation Party in the CVAC Lobby with food, wine, and live music. Refuge will be open for complimentary admissions for all CVAC Members. 5 to 7:30 pm. RSVP through the Member Portal.

## CVAC TURKEY TROT 5K

Give back, give thanks, give it all you've got for charity. Run, jog, roll or walk at our annual family and pet friendly 5K to benefit the Monterey County Food Bank. 9 am at South Bank Trail.

## CVAC TENNIS CLUB CHAMPIONSHIP

Sign up for our Tennis Club Championship tournament and let's see who rules the court! Open to CVAC members. Men's and women's singles, doubles and mixed doubles. Singles: \$30. Doubles: \$40 per team. To register or for questions, email Zack@CVAClife.com.

CLICK ANY EVENT TO VISIT THE MEMBER PORTAL OR CONTACT THE CVAC CONCIERGE (831) 624-2737.



# MEMBERSHIP NEWS

*From Jeff Reyes, Membership Director*

Our premier All-Inclusive Membership includes everything you receive with the Fitness/Social Membership, as well as access to our 10 lighted tennis courts and 2 pickleball courts. All-Inclusive Memberships also include monthly Spa Admission(s) to Refuge. These Deluxe Admissions include a rental robe and bottle of water, which is a \$67 value. These admissions may not be used towards the purchase of Deep Tissue or Swedish Massage, which can be purchased separately. Also included in our All-Inclusive Membership are 12 annual CVAC Guest Passes, which allow you to share the club with friends and family.

Please contact me, at [Jeff@cvaclife.com](mailto:Jeff@cvaclife.com), if you are interested in upgrading to an All-Inclusive Membership.

## ALL-INCLUSIVE MEMBERS

If you are an All-Inclusive Member, and have not used your October Spa Admissions to Refuge, they have been extended and can be used anytime through December 31, 2023. Please click [here](https://www.refuge.com) to visit [Refuge.com](https://www.refuge.com) to make your reservation.



## *This Holiday Season, Give the Gift of Health*

**DO YOU HAVE FRIENDS OR FAMILY  
INTERESTED IN JOINING THE CLUB?**

*Please see Jeff to receive a gift certificate for friends and family that would like to join with up to \$1000 off of the initiation fee. This Membership Referral Program will launch on November 16 and will end on December 31. New members must sign up by January 31, 2024 to receive the discount. Some conditions apply.*



Fitness Classes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	<b>BODYPUMP</b> 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio		<b>BODYPUMP</b> 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio	Effective November 18th <b>THANK YOU FOR YOUR PATIENCE!</b>  * Please register online due to space/equipment limitations (allows us to communicate with you also!)  * To allow members on waitlist to take class, please cancel if unable to attend			
	7:00 AM	<b>Cycle HIIT</b> 7:15 - 7:45 AM <i>Peggy</i> Cycle Studio		<b>SPRINT</b> 7:15 - 7:45 AM <i>Kimi</i> Cycle Studio				
	8:00AM	<b>RPM</b> 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	
		<b>BELLY DANCE</b> 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio		<b>BELLY DANCE</b> 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio				
	9:00 AM	<b>STAYFIT Fluidity</b> 9:00 - 9:45 AM <i>Kaleo</i> Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	<b>STAYFIT Cardio</b> 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	<b>STAYFIT Energy</b> 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	<b>YOGA FLOW</b> 9:00 - 9:45 AM <i>Peggy</i> Mind & Body Studio	<b>BODYPUMP</b> 9:00 - 9:45 AM <i>Terri / Tamara</i> Mind & Body Studio
		<b>HOT YOGA</b> 9:00 - 10:15 AM <i>Jamie</i> Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	<b>VINYASA YOGA</b> 9:00 - 10:15 AM <i>Dana</i> Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	<b>HOT YOGA</b> 9:00 - 10:15 AM <i>Brook</i> Mind & Body Studio		
	10:00 AM	<b>Qi Gong</b> 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio			<b>Qi Gong</b> 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio		<b>BODYPUMP</b> 10:00 - 10:45 AM <i>Peggy</i> Mind & Body Studio	<b>RPM</b> 10:00 - 10:45 AM <i>Terri / Michelle</i> Cycle Studio
	11:00 AM	<b>MAT PILATES</b> 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	<b>BALANCE/CORE/ STRENGTH</b> 11:00 - 11:45 AM <i>Diana</i> Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM <i>Kimi</i> Mind & Body Studio	<b>CORE-LATES</b> 11:00 - 11:45 AM <i>Brook</i> Mind & Body Studio	<b>BODYCOMBAT</b> 11:00 - 11:45 AM <i>Tamara</i> Mind & Body Studio	<b>YIN FLOW YOGA</b> 11:00 AM - 12:15 PM <i>Brook</i> Mind & Body Studio
							<b>BODYBALANCE</b> 11:00 - 11:45 AM <i>Peggy</i> Fitness Studio	
	12:00 PM	<b>BODYPUMP</b> 12:00 - 12:45 PM <i>Tamara</i> Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	<b>BODYPUMP</b> 12:00 - 12:45 PM <i>Terri</i> Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	<b>SPRINT</b> 12:00 - 12:30 PM <i>Tamara</i> Cycle Studio		
	4:00 PM / 5:00 PM						<b>HOT YOGA</b> 4:00 - 5:15 PM <i>Brook</i> Mind & Body Studio	
	5:30 PM	<b>STRENGTH &amp; CONDITIONING</b> 5:00 - 5:45 PM <i>Casey</i> Mind & Body Deck	<b>BODYPUMP</b> 5:30 - 6:15 PM <i>Terri</i> Mind & Body Studio		<b>BODYPUMP</b> 5:30 - 6:15 PM <i>Elizabeth</i> Mind & Body Studio	November Events: Register via Member Portal  Thurs 11/23 Turkey Trot @ Quail Meadows / South Bank Trail - Register on Active.com NO GROUP EX CLASSES ON THANKSGIVING		
				<b>HOT YOGA</b> 6:00 - 7:15 PM <i>Jamie</i> Mind & Body Studio				
	6:00 PM	<b>HOT YOGA</b> 6:00 - 7:15 PM <i>Brook</i> Mind & Body Studio						
	6:30 PM		<b>RPM 30</b> 6:30 - 7:00 PM <i>Terri</i> Cycle Studio		<b>BODYCOMBAT</b> 6:30 - 7:15 PM <i>Elizabeth</i> Mind & Body Studio			
Pool		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00 AM	<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Michelle</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool		<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Sabrina</i> Pool	



Fitness Classes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	<b>BODYPUMP</b> 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio		<b>BODYPUMP</b> 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio	<b>Effective November 1st</b> <b>(See modified schedule for 11/9 - 11/25)</b> <b>Schedule subject to change</b>  * Please register online due to space/equipment limitations (allows us to communicate with you also!)  * To allow members on waitlist to take class, please cancel if unable to attend			
	7:00 AM	<b>Cycle HIIT</b> 7:15 - 7:45 AM <i>Peggy</i> Cycle Studio		<b>SPRINT</b> 7:15 - 7:45 AM <i>Kimi</i> Cycle Studio				
	8:00AM	<b>RPM</b> 8:00 - 8:45 AM <i>Terri</i> Cycle Studio  <b>BELLY DANCE</b> 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio  <b>BELLY DANCE</b> 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	<b>RPM</b> 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	
	9:00 AM	<b>STAYFIT Fluidity</b> 9:00 - 9:45 AM <i>Kaleo</i> Fitness Studio  <b>HOT YOGA</b> 9:00 - 10:15 AM <i>Jamie</i> Mind & Body Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM <i>Susie</i> Fitness Studio  <b>BODYCOMBAT</b> 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	<b>STAYFIT Cardio</b> 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio  <b>VINYASA YOGA</b> 9:00 - 10:15 AM <i>Dana</i> Mind & Body Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM <i>Susie</i> Fitness Studio  <b>BODYCOMBAT</b> 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	<b>STAYFIT Energy</b> 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio  <b>HOT YOGA</b> 9:00 - 10:15 AM <i>Brook</i> Mind & Body Studio	<b>YOGA FLOW</b> 9:00 - 9:45 AM <i>Peggy</i> Mind & Body Studio	<b>BODYPUMP</b> 9:00 - 9:45 AM <i>Terri / Tamara</i> Mind & Body Studio
	10:00 AM	<b>Qi Gong</b> 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio			<b>Qi Gong</b> 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio		<b>BODYPUMP</b> 10:00 - 10:45 AM <i>Peggy</i> Mind & Body Studio	<b>RPM</b> 10:00 - 10:45 AM <i>Terri / Michelle</i> Cycle Studio
	11:00 AM	<b>MAT PILATES</b> 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio  	<b>BARRE</b> 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	<b>BALANCE/CORE/STRENGTH</b> 11:00 - 11:45 AM <i>Diana</i> Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM <i>Kimi</i> Mind & Body Studio	<b>CORE-LATES</b> 11:00 - 11:45 AM <i>Brook</i> Mind & Body Studio	<b>BODYCOMBAT</b> 11:00 - 11:45 AM <i>Tamara</i> Mind & Body Studio  <b>BODYBALANCE</b> 11:00 - 11:45 AM <i>Peggy</i> Fitness Studio	<b>VINYASA YOGA</b> 11:00 AM - 12:15 PM <i>Brook</i> Mind & Body Studio
	12:00 PM	<b>BODYPUMP</b> 12:00 - 12:45 PM <i>Tamara</i> Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	<b>BODYPUMP</b> 12:00 - 12:45 PM <i>Terri</i> Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	<b>SPRINT</b> 12:00 - 12:30 PM <i>Tamara</i> Cycle Studio		
	4:00 PM / 5:00 PM	<b>STRENGTH &amp; CONDITIONING</b> 5:00 - 5:45 PM <i>Casey</i> Mind & Body Deck					<b>HOT YOGA</b> 4:00 - 5:15 PM <i>Brook</i> Mind & Body Studio	
Pool	5:30 PM		<b>BODYPUMP</b> 5:30 - 6:15 PM <i>Terri</i> Mind & Body Studio		<b>BODYPUMP</b> 5:30 - 6:15 PM <i>Elizabeth</i> Mind & Body Studio	<b>November Events:</b> <b>Register via Member Portal</b>  <b>Sun 11/5 10am - 2pm Red Cross Adult &amp; Pediatric CPR/AED Certification \$80.00</b>  <b>Sun 11/12 9am Hike with Pups at Jacks Peak Park</b>  <b>Thurs 11/23 Turkey Trot @ Quail Meadows / South Bank Trail - Register on Active.com</b> <b>NO GROUP EX CLASSES ON THANKSGIVING</b>		
	6:00 PM	<b>HOT YOGA</b> 6:00 - 7:15 PM <i>Brook</i> Mind & Body Studio		<b>HOT YOGA</b> 6:00 - 7:15 PM <i>Jamie</i> Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM <i>Elizabeth</i> Mind & Body Studio			
	6:30 PM		<b>RPM 30</b> 6:30 - 7:00 PM <i>Terri</i> Cycle Studio					
	10:00 AM	<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Michelle</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool		<b>AQUA</b> 10:00 - 10:45 AM <i>Freddie</i> Pool	<b>AQUA</b> 10:00 - 10:45 AM <i>Sabrina</i> Pool	

Fitness Classes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	<b>BODYPUMP</b> 6:00 - 6:45 AM Peggy Fitness Studio		<b>BODYPUMP</b> 6:00 - 6:45 AM Peggy Fitness Studio	Effective Mon 11/9 - Sat 11/19 (11/20-11/25 - different schedule based on project completion)  <u>Canceled classes:</u> M/W/F 9:00am Yoga classes Mon 5:00pm Strength & Conditioning Tue / Thurs 9:00am BODYCOMBAT			
	7:00 AM	<b>Cycle HIIT</b> 7:15 - 7:45 AM Peggy Cycle Studio		<b>SPRINT</b> 7:15 - 7:45 AM Kimi Cycle Studio				
	8:00AM	<b>RPM</b> 8:00 - 8:45 AM Terri Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM Tamara Fitness Studio	<b>RPM</b> 8:00 - 8:45 AM Michelle Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM Tamara Fitness Studio	<b>RPM</b> 8:00 - 8:45 AM Terri Cycle Studio	<b>RPM</b> 8:00 - 8:45 AM Michelle Cycle Studio	
		<b>BELLY DANCE</b> 8:00 - 8:45 AM Stuti Fitness Studio		<b>BELLY DANCE</b> 8:00 - 8:45 AM Stuti Fitness Studio				
	9:00 AM	<b>STAYFIT Fluidity</b> 9:00 - 9:45 AM Kaleo Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM Susie Fitness Studio	<b>STAYFIT Cardio</b> 9:00 - 9:45 AM Kimi Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM Susie Fitness Studio	<b>STAYFIT Energy</b> 9:00 - 9:45 AM Kimi Fitness Studio	<b>YOGA FLOW</b> 9:00 - 9:45 AM Peggy Mind & Body Deck	<b>BODYPUMP</b> 9:00 - 9:45 AM Terri / Tamara Mind & Body Deck
	10:00 AM	<b>Qi Gong</b> 10:00 - 10:45 AM Kaleo Fitness Studio			<b>Qi Gong</b> 10:00 - 10:45 AM Kaleo Fitness Studio		<b>BODYPUMP</b> 10:00 - 10:45 AM Peggy Mind & Body Deck	<b>RPM</b> 10:00 - 10:45 AM Terri / Michelle Cycle Studio
	11:00 AM	<b>MAT PILATES</b> 11:00 - 11:45 AM Terri Fitness Studio	<b>BARRE</b> 11:00 - 11:45 AM Terri Fitness Studio	<b>BALANCE/CORE/ STRENGTH</b> 11:00 - 11:45 AM Diana Fitness Studio	<b>BARRE</b> 11:00 - 11:45 AM Kimi Fitness Studio	<b>CORE-LATES</b> 11:00 - 11:45 AM Brook Fitness Studio	<b>BODYCOMBAT</b> 11:00 - 11:45 AM Tamara Mind & Body Deck	<b>YIN FLOW YOGA</b> 11:00 AM - 12:15 PM Brook Mind & Body Deck
							<b>BODYBALANCE</b> 11:00 - 11:45 AM Peggy Fitness Studio	
	12:00 PM	<b>BODYPUMP</b> 12:00 - 12:45 PM Tamara Fitness Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM Susie Fitness Studio	<b>BODYPUMP</b> 12:00 - 12:45 PM Terri Fitness Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM Susie Fitness Studio	<b>SPRINT</b> 12:00 - 12:30 PM Tamara Cycle Studio		
	4:00 PM / 5:00 PM						<b>Bikram/Vinyasa</b> 4:00 - 5:15 PM Brook Fitness Studio	
	5:30 PM		<b>BODYPUMP</b> 5:30 - 6:15 PM Terri Fitness Studio		<b>BODYPUMP</b> 5:30 - 6:15 PM Elizabeth Fitness Studio	<b>November Events:</b> Register via Member Portal  Sun 11/12 9am Hike with Pups at Jacks Peak Park  Thurs 11/23 Turkey Trot @ Quail Meadows / South Bank Trail - Register on Active.com  <b>NO GROUP EX CLASSES ON THANKSGIVING</b>		
	6:00 PM	<b>Bikram Postures</b> 6:00 - 7:15 PM Brook Fitness Studio		<b>Bikram Postures</b> 6:00 - 7:15 PM Jamie Fitness Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM Elizabeth Fitness Studio			
	6:30 PM		<b>RPM 30</b> 6:30 - 7:00 PM Terri Cycle Studio					
Pool		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00 AM	<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool	<b>AQUA</b> 10:00 - 10:45 AM Michelle Pool	<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool		<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool	<b>AQUA</b> 10:00 - 10:45 AM Sabrina Pool	



# THE PILATES STUDIO

## NOVEMBER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 12:00 PM	<b>GROUP REFORMER</b> 7:00 - 7:50 AM Kimi					<b>GROUP CLASS PRICING</b>  CVAC Member / Non-Member 1 Session - \$35 / \$40 6 Sessions - \$174 / \$198 12 Sessions - \$312 / \$372 24 Sessions - \$576 / \$696  Contact Kimi Hori, Fitness Director: KIMI@CVAClife.com	
	<b>CARDIO MIX</b> 8:00 - 8:50 AM Kimi	<b>GROUP REFORMER</b> 8:30 - 9:20 AM Kimi		<b>GROUP REFORMER</b> 8:30 - 9:20 AM Meg			
		<b>GROUP REFORMER</b> 9:30 - 10:20 AM Kimi		<b>GROUP REFORMER</b> 9:30 - 10:20 AM Meg			
		<b>GROUP REFORMER</b> 11:30 AM - 12:20 PM Kimi			<b>GROUP REFORMER</b> 11:00 - 11:50 AM Kimi		
12:00 PM - 8:00 PM	<b>RESTORE &amp; RESET</b> 12:00 PM - 12:50 PM Kimi		<b>CARDIO MIX</b> 12:00 PM - 12:50 PM Kimi			<b>Group Reformer: Mixed level. Use of the Reformer, Tower, Combo Chair, Jumpboard, and Arc Barrel</b>  <b>Restore and Reset: Mixed level. Focus on gentle exercises, deep stretches, fascia release, and mobility</b>  <b>Cardio Mix: Blend of Reformer, Floor, Jumpboard to increase the heart rate (Previous reformer experience required)</b>	
	<b>GROUP REFORMER</b> 4:30 - 5:20 PM Kimi			<b>RESTORE &amp; RESET</b> 4:30 - 5:20 PM Meg	<b>GROUP REFORMER</b> 4:30 - 5:20 PM Kimi		
				<b>GROUP REFORMER</b> 5:30 - 6:20 PM Meg			
	<b>GROUP REFORMER</b> 6:30 - 7:20 PM Kimi						

For Pilates Reformer information, please contact  
Kimi Hori, Fitness Director, at [Kimi@CVAClife.com](mailto:Kimi@CVAClife.com)

*If you are new to Pilates Reformer, please contact Kimi Hori, Fitness Director, for an initial consult and complimentary reformer introductory session. This will allow you to attend classes with better knowledge of set up.*

### **Pilates Studio class policies:**

- Please cancel out of classes 24-hours in advance to allow wait-listed members to attend
- Socks are required. Grippy socks are recommended
- Dress in layers to ensure appropriate body heat for safe movement
- Inform your Pilates teacher of any injuries, body adjustments, or special conditions prior to your session
- There are no refunds on packages purchased at Carmel Valley Athletic Club

### **Equipment**

*The Pilates Reformer is a sophisticated system of springs, straps, and pulleys that acts as resistance to aid the body while working on a rolling platform called the carriage. Benefits of the Reformer include: versatile and efficient movement patterns with the use of different tools such as jumpboard, standing platform, reformer box, and dowels; Build strong muscles and bones; Increase flexibility and mobility; Gentle on joints; Stability training. The Pilates Tower is attached to the Reformer and allows the opportunity to sit, stand or lie down (based on the exercise) using a variety of springs and bars to increase strength, flexibility, stabilization, and muscular endurance. The Pilates Chair resembles a backless chair with a padded seat on top and pedals attached to offer strong, medium, or low resistance. Exercises can be performed sitting or standing on the padded surface, standing behind or in front of the chair, lying on the padded surface while pushing down on the pedals with hands, and more. Benefits of the Chair is unique balance training, deep core strength, and total body endurance.*





# Cycle Room Schedule

Virtual and Live Cycle Classes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	<b>Virtual RPM</b> 6:00 - 6:50 AM	<b>Virtual SPRINT</b> 6:00 - 6:30 AM	<b>Virtual RPM</b> 6:00 - 6:50 AM	<b>Virtual THE TRIP</b> 6:00 - 6:30 AM	<b>Virtual RPM</b> 6:00 - 6:50 AM		
	7:00 AM	<b>HIIT CYCLE Live</b> 7:15 - 7:45 AM Peggy	<b>Virtual RPM</b> 7:00 - 7:50 AM	<b>SPRINT Live</b> 7:15 - 7:45 AM Kimi	<b>Virtual RPM</b> 7:00 - 7:50 AM	<b>Virtual SPRINT</b> 7:00 - 7:30 AM		
	8:00 AM	<b>RPM Live</b> 8:00 - 8:45 AM Terri	<b>Virtual SPRINT</b> 8:00 - 8:30 AM	<b>RPM Live</b> 8:00 - 8:45 AM Michelle	<b>Virtual SPRINT</b> 8:00 - 8:30 AM	<b>RPM Live</b> 8:00 - 8:45 AM Terri	<b>RPM Live</b> 8:00 - 8:45 AM Michelle	<b>Virtual THE TRIP</b> 8:00 - 8:50 AM
	9:00 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM	<b>Virtual THE TRIP</b> 9:00 - 9:50 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM	<b>Virtual THE TRIP</b> 9:00 - 9:50 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM	<b>Virtual RPM</b> 9:00 - 9:50 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM
	10:00 AM	<b>Virtual RPM</b> 10:00 - 10:50 AM	<b>Virtual SPRINT</b> 10:00 - 10:30 AM	<b>Virtual RPM</b> 10:00 - 10:50 AM	<b>Virtual SPRINT</b> 10:00 - 10:30 AM	<b>Virtual RPM</b> 10:00 - 10:50 AM	<b>Virtual SPRINT</b> 10:00 - 10:30 AM	<b>RPM Live</b> 10:00 - 10:45 AM Terri / Michelle
	11:00 AM	<b>Virtual SPRINT</b> 11:00 - 11:30 AM	<b>Virtual RPM</b> 11:00 - 11:50 AM	<b>Virtual THE TRIP</b> 11:00 - 11:30 AM	<b>Virtual RPM</b> 11:00 - 11:50 AM	<b>Virtual SPRINT</b> 11:00 - 11:30 AM	<b>Virtual RPM</b> 11:00 - 11:50 AM	<b>Virtual SPRINT</b> 11:00 - 11:30 AM
	12:00 PM	<b>Virtual THE TRIP</b> 12:00 - 12:50 PM	<b>Virtual SPRINT</b> 12:00 - 12:30 PM	<b>Virtual RPM</b> 12:00 - 12:50 PM	<b>Virtual THE TRIP</b> 12:00 - 12:30 PM	<b>SPRINT Live</b> 12:00 - 12:30 PM Tamara	<b>Virtual SPRINT</b> 12:00 - 12:30 PM	<b>Virtual THE TRIP</b> 12:00 - 12:50 PM
	1:00 PM	<b>Virtual SPRINT</b> 1:00 - 1:30 PM	<b>Virtual RPM</b> 1:00 - 1:50 PM	<b>Virtual SPRINT</b> 1:00 - 1:30 PM	<b>Virtual RPM</b> 1:00 - 1:50 PM	<b>Virtual RPM</b> 1:00 - 1:50 PM	<b>Virtual THE TRIP</b> 1:00 - 1:50 PM	<b>Virtual SPRINT</b> 1:00 - 1:30 PM
	2:00 PM	<b>Virtual RPM</b> 2:00 - 2:50 PM	<b>Virtual SPRINT</b> 2:00 - 2:30 PM	<b>Virtual THE TRIP</b> 2:00 - 2:50 PM	<b>Virtual SPRINT</b> 2:00 - 2:30 PM	<b>Virtual THE TRIP</b> 2:00 - 2:30 PM	<b>Virtual SPRINT</b> 2:00 - 2:30 PM	<b>Virtual RPM</b> 2:00 - 2:50 PM
	3:00 PM	<b>Virtual SPRINT</b> 3:00 - 3:30 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual SPRINT</b> 3:00 - 3:30 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual SPRINT</b> 3:00 - 3:30 PM
	4:00 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM	<b>Virtual THE TRIP</b> 4:00 - 4:30 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM	<b>Virtual SPRINT</b> 4:00 - 4:30 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM	<b>Virtual SPRINT</b> 4:00 - 4:30 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM
	5:00 PM	<b>Virtual SPRINT</b> 5:00 - 5:30 PM	<b>Virtual RPM</b> 5:00 - 5:50 PM		<b>Virtual RPM</b> 5:00 - 5:50 PM	<b>Virtual THE TRIP</b> 5:00 - 5:30 PM	<b>Virtual RPM</b> 5:00 - 5:50 PM	<b>Virtual THE TRIP</b> 5:00 - 5:30 PM
	6:00 PM	<b>Virtual RPM</b> 6:00 - 6:50 PM	<b>RPM30 Live</b> 6:30 - 7:00 PM Terri	<b>Virtual THE TRIP</b> 6:00 - 6:50 PM	<b>Virtual SPRINT</b> 6:00 - 6:30 PM	<b>Virtual RPM</b> 6:00 - 6:50 PM	<b>Virtual THE TRIP</b> 6:00 - 6:30 PM	<b>Virtual RPM</b> 6:00 - 6:50 PM

\* Due to noise (Refuge and tennis disturbance), door and windows must remain closed from 10:00am - 10:00pm

\* Please shake off excess dirt off of shoes outside of the room before using the bike

\* Please wipe down your bike with the wet wipe after use



[Click Here to Register](#)

**WHAT:** 10<sup>th</sup> Annual CVAC Turkey Trot 5K

**WHEN:** 8 am Registration, 9:00 am Race  
on Thanksgiving Day, Thursday, November 23<sup>rd</sup>

**WHERE:** South Bank Trail at  
26700 Rancho San Carlos Rd. in Carmel

Give back, give thanks, give it all you've got for charity! Run, jog, roll, or walk to complete Carmel Valley Athletic Club's Turkey Trot. The whole family will have fun running or walking the beautiful South Bank Trail. 100% of proceeds go to the Monterey Food Bank. This 5K event starts at 9:00 am on Thanksgiving Day. This is a non-competitive fun run. Jogging strollers are welcome

## VOLUNTEER!

Not a runner?  
Try volunteering!

Duties include set-up,  
check-in, cheering,  
clean-up, & break-down.

All volunteers receive  
an event t-shirt and an  
admission to Refuge.

If you would like to  
volunteer, please email  
[Kimi@CVAClife.com](mailto:Kimi@CVAClife.com).





# THANKSGIVING MEMBER APPRECIATION PARTY

THURSDAY, NOVEMBER 16

5 TO 7:30 PM FOOD, WINE & LIVE MUSIC IN THE CVAC LOBBY

4 TO 10 PM COMPLIMENTARY REFUGE ADMISSIONS

We invite our CVAC members to join us for a complimentary Thanksgiving Member Appreciation Party on Thursday, November 16<sup>th</sup>. From 5 to 7:30 pm in the CVAC Lobby, we will be serving delicious dishes from Chef Moises accompanied by great wine and music by local singer and guitarist Kip Allert. In addition, Refuge will be open for complimentary admissions for all CVAC members only, from 4 to 10 pm. No Refuge reservations will be needed for this night, so bring your swimsuit and prepare to relax and enjoy!

[CLICK HERE TO RSVP](#)





# 2023 TENNIS CLUB CHAMPIONSHIP

## NOVEMBER 17-19



**\$30 SINGLES | \$40 DOUBLES (PER TEAM)  
OPEN TO CVAC MEMBERS ONLY**

Sign up for our Tennis Club Championship tournament and let's see who rules the court! Beginner/intermediate men's & women's singles, doubles and mixed doubles. Open men's & women's singles, doubles and mixed doubles. Doubles must register with partner. Two events per entrant.

Double elimination. Championship hat awarded for participating.

To register, or for questions, email [Zack@CVAClife.com](mailto:Zack@CVAClife.com).

Sign-up forms will also be available at  
the Front Desk.





# FIT 45

## *Small Group Training Workouts*

*Level up your workout routine with a Fit 45 training led by one of our Personal Trainers. Register online and meet in the Fitness Center for a 45-minute exhilarating workout! All levels. Cost: \$30 per class (buy a package for reduced pricing). Register through the Member Portal.*

### **BUILD THE BOOTY!**

*Tuesdays & Thursdays from 10:00 am to 10:45 am*

*Personal Trainer Diana will guide you through exercises to increase glute strength and gain a little "lift" in the backside! Meet in the Fitness Center.*

### **TRX 45**

*Wednesdays from 10:00 am to 10:45 am*

*TRX focused total body training to improve strength, tone, and work core and stability. Meet upstairs by the TRX straps.*





# CVAC SALON

## *Welcome, Avery Taylor!*

*Avery will be in the Salon every Wednesday and Friday from 9am-1pm*



**Connect with Avery at  
[avery@CVAClife.com](mailto:avery@CVAClife.com) or  
by phone at 831.216.3922**

*"Please stop by the Salon to say hello and introduce yourself! I look forward to meeting you soon." - Avery*

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Please welcome Avery Taylor to the CVAC Salon!

Avery comes from a lineage of hair stylists and has over 13 years professional experience. She specializes in free-hand painted highlights, chemical straightening treatments, formal/event hair and hair-cuts. Avery competes in color competitions annually, continues her education on a monthly basis, donates her services to homeless shelters, recovery centers, unemployed individuals reentering the workforce and victims of the CZU Lightening Complex Fire.

Avery is originally from a city at the base of the Southern Sierra Nevada mountains in the San Joaquin Valley called Porterville and in 2014 relocated to the central coast where she has called home ever since. In her free time Avery enjoys being outside in nature, working out, shopping, traveling and spending time with her cat Scooby.

A message from Avery:

*"Please stop by the Salon to say hello and introduce yourself! I look forward to meeting you soon."*

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# PUB TALK with CVAC

*November 8th at 5pm | Tune in at 94.7 FM*

**Join Us for a Special Edition of KRML's Pub Talk!**

Ready to find the balance between meaningful connections and mindful disconnection? Tune into 94.7 FM for a unique edition of KRML's Pub Talk. Over a pint, the Director of Refuge will walk us through the relaxing disconnect offered by Refuge's hydrothermal cycle experience. Then, we'll shift gears with the CVAC's Membership Director as he opens up about the vibrant ways to connect with friends and family at CVAC through its community-centric events and areas.



# FALL JUNIOR'S SCHEDULE

*Session 1: Nov. 27-Dec. 22*

*Session 2: Jan. 9-Feb. 2*

*(4 week sessions, pricing adjusted)*

*We are excited to launch our Junior Tennis program's fall sessions. Our experienced teaching pros will focus on proper technique, footwork, strategy and fun in a safe and engaging environment to help grow your child's skills and love for the game. See below for the class schedule, pricing and registration details.*

## TUESDAYS & THURSDAYS

*Junior Smash Stars (9-10 yr olds)*  
4:00 to 5:00 pm.

*Grand Slam Seekers (11+ yr olds)*  
5:00 to 6:30 pm.

## WEDNESDAYS & FRIDAYS

*Tiny Tennis Titans (5-6 yr olds)*  
4:00 to 5:00 pm.

*Mini Racquet Rookies (7-8 yr olds)*  
5:00 to 6:00 pm.

## Session Pricing

### TWO CLASSES A WEEK

*Grand Slam Seekers:*  
\$340 Members / \$390 Guest

*Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:*  
\$255 Members / \$300 Guest

### ONE CLASS A WEEK

*Grand Slam Seekers:*  
\$170 Members / \$195 Guest

*Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:*  
\$125 Members / \$150 Guest

### DROP-IN (if space available)

*Grand Slam Seekers:*  
\$40 Members / \$45 Guest

*Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:*  
\$30 Members / \$35 Guest

*For more information, or to register, please email Zack at [Zack@CVAClife.com](mailto:Zack@CVAClife.com). Please include session number and class. Classes require at least 3 students per class to run. Parents will be notified in case of cancellation. Make up classes will be offered if needed.*



# TENNIS -CLINICS FOR ADULTS-

*Looking to learn or grow your tennis game?*

CHRISTY



ZACK



BRIAN



ALICE



## CHRISTY TAYLOR'S TENNIS CLINICS

### *Doubles Strategy Co-Ed 3.5+*

Tuesdays from 10:30 am to 12:00 pm and Wednesdays from 9:30 am to 11 am.

### *New to Tennis/Getting the Rust Off, Co-Ed 2.5/3.0*

Wednesdays from 11:00 am to 12:30 pm.

### *Men's 3.5 +*

Sundays from 9:30 am to 11:00 am.

### *Make Your Serve a Weapon Clinic*

Tuesdays from 10:00 to 10:30 am. Cost is \$30 per player.

### *Doubles Strategy & Play*

Thursdays from 6:00 to 7:30 pm.

Clinics are \$30 per player. Please make reservations

through [Christy@CVAClife.com](mailto:Christy@CVAClife.com) or 831-717-7054.

## ZACK JUHRE'S TENNIS CLINICS & LESSONS

### *Beginner Tennis Clinic*

Saturdays from 9:00 to 10:30 am.

### *Beginner Pickleball Clinic*

Fridays from 10:00 to 11:00 am.

### *3.0 Clinic*

Tuesdays from 10:00 to 11:30 am.

### *4.0 Clinic*

Thursdays from 10:00 to 11:30 am.

Please contact Zack directly at [Zack@CVAClife.com](mailto:Zack@CVAClife.com) to schedule clinics, private lessons, and to learn more about upcoming tennis events.

## BRIAN CORY'S TENNIS CLINICS

### *Co-Ed 3.5+ Clinic*

Fridays from 12:00 noon to 1:00 pm. No clinic Nov. 10 and Nov. 24, 2023.

Contact Brian at 831-594-5699 or [corytennis@aol.com](mailto:corytennis@aol.com) to confirm clinics will be running. Need minimum 4 players to hold clinic. Members: 5 players or less \$25 per player per clinic; 6 players or more \$20 per player per clinic. Add \$5 more for non-members.

## ALICE CORY'S TENNIS CLINICS

Alice will resume clinics in December.

*Sign ups for clinics now available on the app!  
You can also sign up for clinics through the Member Portal,  
Front Desk, or by contacting the Tennis Pro.*





*Let's be social!*

# HIKE WITH PUPS

9 AM SUNDAY, NOV. 12<sup>TH</sup>

## JACK'S PEAK HIKE

Bring your hiking buddy—whether it be your pup, a friend or a neighbor—and let's enjoy a hike at Jack's Peak. This is a 4-mile, easy-to-moderate hike of Lower Ridge, Rhus and Coffeeberry Loop. Bring water, snacks, and dog necessities. Pups not required to join the hike. Feel free to invite any friend or family member. The more the merrier! No registration required. Meet at Jack's Peak parking lot at 9 am. Pay entrance fee or park outside of lot and walk about one mile in. Contact Kimi Hori, Fitness Director, for more information.

If you have suggestions for other meetups, please feel free to let Kimi know at [Kimi@cvaclife.com](mailto:Kimi@cvaclife.com)

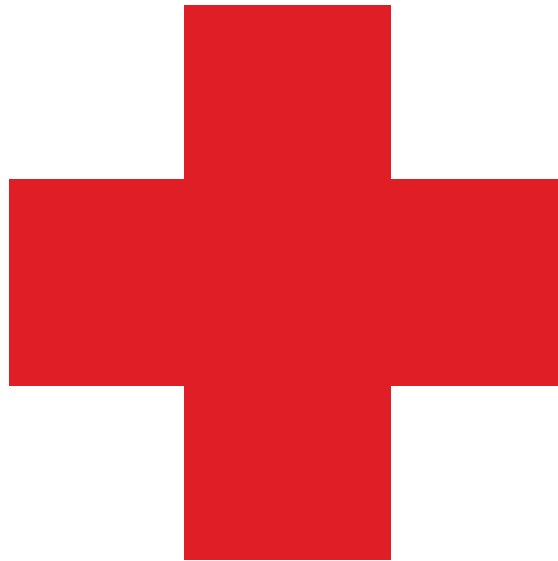




# ADULT & PEDIATRIC CPR/AED FIRST AID CERTIFICATION

Sunday, Nov. 5<sup>th</sup> | 10:00 AM - 2:00 PM

Ages 13+ | Price: \$80.00 | Location: Fitness Studio



Help save a life with an American Red Cross CPR/AED First Aid certification through American Red Cross Instructor Kimi Hori. Learn skills for handling emergencies and practice CPR/AED skills. Certificate is valid for 2 years. Space is limited to 8 participants.

Bring a lunch (the CVAC Cafe will also be open).

Please register through the Member Portal.



# KIDS' CLUB

*Kids' Club is excited to announce our extended hours this fall. Your child can enjoy our indoor/outdoor play area while you experience Carmel Valley Athletic Club. Please note, parents must remain on property while using childcare. Please make a reservation through the Member Portal.*

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## PRICING

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### **DAY-OF RESERVATIONS**

*(made within 24 hours)*

\$15/hr per child (2-12 years)

\$18/hr per infant (3 months-2 years)

### **ADVANCED RESERVATIONS**

*(more than 24 hours in advance)*

\$12/hr per child (2-12 years)

\$15/hr per infant (3 months-2 years)

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## FALL HOURS OF OPERATION

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**MONDAY - FRIDAY | 9:00 AM - 6:00 PM**

**SATURDAY | 9:00 AM - 2:00 PM**

**CLOSED SUNDAY**

*Please make a reservation in the Member Portal. Same day reservations are subject to availability. As we do limit our reservations, please be prompt when picking up your children or a late fee may be applied. We understand plans may change. Please use the Member Portal to cancel your reservation. No shows will be charged for their existing reservation. Any questions regarding Kids' Club, please contact Diana Stahl at [Diana@CVAClife.com](mailto:Diana@CVAClife.com).*