



# MONTHLY MEMBERSHIP EVENT CALENDAR

## FEBRUARY 2024

### SUN, FEB 11

#### **PARTNER YOGA**

11:00 am - 12:15 pm | M&B Studio

Invite a friend, significant other, & family member to experience a fun partner-based joyful, and energizing yoga class. Practicing with a partner will enhance the poses while building connection and strength. Contact [Kimi@cvaclife.com](mailto:Kimi@cvaclife.com) to add guests.

### WED, FEB 14

#### **DOUBLES AND TROUBLES TENNIS AND PICKLEBALL MIXER**

4:00 - 5:30 pm | Racquet Courts

Come out and play some Tennis and Pickleball in this Valentine's Day themed mixer with timed rounds.

### WED, FEB 14

#### **VALENTINE'S BUFFET & CUPID'S DINNER TAKE OUT**

4:00 pm - 7:00 pm | CVAC Cafe

Whether you're winding down after the mixer or planning a romantic evening out, our café invites you to savor an array of entrées at our Valentine's Buffet. For those seeking a special dinner in, our Cupid's Dinner offers a delicious take-out meal for two at \$60.

### WED, FEB 14

#### **PARENT'S NIGHT OUT**

5:00 pm - 8:00 pm | Kid's Club

Treat yourself to a romantic dinner out, while your little ones enjoy a night of fun and creativity, like Valentine's Day crafts, delicious pizza, and entertaining games. RSVP online by Feb. 9.

### SUN, FEB 18

#### **HIKE WITH PUPS**

9:00 am | Del Monte Forest

Join us at Del Monte Forest with your pup (or just yourself!) and let's hike. Bring water, snacks, and dog necessities. Pups not required to join the hike and feel free to invite any friend and family member. The more the merrier! We will be meeting on the Pebble Beach side of the Del Monte Forest trailhead.

### TUES, FEB 20

#### **PILATES REFORMER INTRO CLASS**

10:30 - 11:20 am | Pilates Studio

Try our Pilates Intro class to become familiar with Pilates small group classes. Registration required through the Member Portal. Open to first-time clients. Complimentary.

### TUES, FEB 20

#### **ACCELERATION HYPNOTHERAPY EXPERIENCE**

5:00 pm | Fitness Studio

Hypnotherapy intensive to create strong follow through, organization and motivation to accomplish goals. This is for you if experience difficulty following through on projects or goals, get overwhelmed with to-do lists, lack motivation, and are actually ready to accomplish what you want all while feeling relaxed, clear headed, grounded, and motivated. Let's clear through the blocks and accelerate your goals!

### SAVE THE DATE

#### **3/1—MARCH FITNESS CHALLENGE: 30-DAY STRETCH CHALLENGE**

#### **3/14—POSTURE ANALYSIS**

#### **3/17—ST. PATRICK'S DAY TENNIS MIXER**

#### **3/24—HIKING EVENT**

#### **3/24—KID'S TENNIS & EASTER EGG HUNT**

#### **4/13—MONTEREY BAY FOOTBALL CLUB GAME: 'DEFEND THE 831!'**



JOIN AMANDA MAI, BOARD CERTIFIED  
HOLISTIC HEALTH PRACTITIONER, FOR AN

# *ACCELERATED HYPNOTHERAPY EXPERIENCE*

**TUESDAY, FEBRUARY 20**

**5:00 - 6:00 PM**

A hypnotherapy intensive to create strong follow-through, organization, and motivation to accomplish goals. This is for you if experience difficulty following through on projects or goals, get overwhelmed with to-do lists, lack motivation, and are actually ready to accomplish what you want all while feeling relaxed, clear-headed, grounded, and motivated. Let's clear through the blocks and accelerate your goals!

Class will be held in the Fitness Studio. Cost is \$65.  
Please register on the Member Portal or contact our  
front desk concierge.



# *Pilates Reformer*

## *Intro Class*

*10:30 am – 11:20 am*  
*Tuesday, February 20<sup>th</sup>*  
*in the Pilates Studio*

*For first-time Pilates clients | Complimentary*

*Try our Pilates Intro class to become familiar with Pilates small group classes. Registration required through the Member Portal. Please contact Kimi Hori, Pilates and Group Fitness Manager for more information at [Kimi@CVAClife.com](mailto:Kimi@CVAClife.com).*



# CARMEL VALLEY ATHLETIC CLUB NIGHT!



**April 13TH | 7PM**

**Defend The 831 Night | Cardinale Stadium**

We invite all local members, staff, and families to support Carmel Valley Athletic Club & Monterey Bay F.C.!

[CLICK HERE](#) for discounted tickets in the Carmel Valley Athletic Club Section! Or use the QR Code below!



**Tickets just \$25**

Contact **Ashley O'Toole** at **(831)-220-2440** or email [ashley@montereybayfc.com](mailto:ashley@montereybayfc.com) if you have any issues accessing tickets.



**MONTEREY BAY FOOTBALL CLUB**