



MONTHLY MEMBERSHIP EVENT CALENDAR

APRIL 2024

APRIL 2, 9, 16, 23, & 30

TACO TUESDAY!

5:00 - 7:00 pm | CVAC Cafe

We're excited to welcome back Taco Tuesday to the CVAC Cafe. Enjoy delicious tacos with all the trappings while soaking up the sunshine on the Cafe deck.

MON, APRIL 8

LES MILLS

NEW RELEASE LAUNCH

Mind & Body and Fitness Studio

Starting Monday, April 8, get ready for new music and new moves in each Les Mills class. Join our fantastic Les Mills instructors for an incredible workout!

SAT, APRIL 13

MBFC: "DEFEND THE 831"

7:00 pm | Cardinale Stadium

Members, staff, and families are invited to attend this special local soccer game on April 13 at 7:00 pm at Cardinale Stadium. Join us showing support for the Monterey Bay Football Club. To purchase tickets, [click here](#).

SUN, APRIL 14

HIKE WITH PUPS

9:00 am - 12:00 pm | Garland Park

Join us at Garland Ranch for a moderate hike with your pup, or just yourself! Bring water, snacks, and dog necessities. Pups are not required to join the hike and please feel free to invite any friend and family member. The more the merrier! Please meet by the foot bridge in the main lot.

THUR, APRIL 18

PARENT'S NIGHT OUT: MOVIE NIGHT

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

Bring your kids over to Kid's Club for a fun movie night and enjoy an evening to yourselves! Popcorn and pizza will be provided. Kids are encouraged to arrive in their favorite pajamas and to bring blankets! Deadline to sign up is Monday, April 15th.

SAT, APRIL 20

INTRO TO PICKLEBALL

Clinic: 2-3 pm | Open Play: 3-4 pm
Tennis Courts

Come learn the fastest growing game in the nation! This 1 hour clinic will cover rules of the game and basic technique.

THURS, APRIL 25

FULL MOON SOUND BATH WITH WENDY MORO

7:00 - 8:15 pm | Mind & Body Studio
\$35 Member | \$40 Non-Member

An important part of physical fitness is taking time to recover. Come experience mind and body rejuvenation with a deeply healing Sound Bath. Join Wendy Moro for a releasing and restoring experience with the energy of a full moon in late April.

SAT, APRIL 27

BEGINNER TENNIS CLINIC KICKOFF

10:30 am - 12:00 pm | Tennis Courts

Join us for a beginner tennis clinic for those interested in starting tennis! The clinic will cover basic technique and rules to get you started on your tennis journey.

SAVE THE DATE

5/19—RED CROSS CPR CERTIFICATION

5/27—MEMORIAL DAY BBQ POOL PARTY

To register, visit the Member Portal or call the CVAC Concierge at (831) 624-2737.



Les Mills New Release Launch!



STARTING APRIL 8TH

*Get ready for new music and new moves in each
Les Mills class. Join our fantastic Les Mills
instructors for an incredible workout!*



Let's be social!

HIKE WITH PUPS

9 AM - 12 PM | SUNDAY, APRIL 14TH
AT GARLAND PARK

Join us at Garland Ranch for a moderate hike with your pup, or just yourself! 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! Please meet by the foot bridge in the main lot. Contact Kimi Hori, Pilates & Group Fitness Manager, for more information.

Register on the Member Portal to receive event updates.

If you have suggestions for other meetups or hike locations, please feel free to let Kimi know at Kimi@cvaclife.com



Movie, Pizza, Popcorn, & Pajamas!

PARENT'S NIGHT OUT: MOVIE NIGHT!

April 18 | 5 - 8 PM

Kid's Club | \$35/Child

Register through the Member Portal

Deadline to register is Monday, April 15



— INTRO TO — PICKLEBALL

SATURDAY, APRIL 20

CLINIC: 2-3 PM | OPEN PLAY: 3-4 PM

\$30/MEMBER



Come learn the fastest growing game in the nation.

Register through the Member Portal, Concierge or email Zack at Zack@CVAClife.com



FULL MOON SOUND BATH

WITH WENDY MORO

THURSDAY, APRIL 25th

7:00 TO 8:15 PM

\$35 MEMBER / \$40 NON-MEMBER

An important part of physical fitness is taking time to recover. Come experience mind and body rejuvenation with a deeply healing Sound Bath. Join Wendy Moro for a releasing and restoring experience with the energy of a full moon.

Wear warm clothing for comfort. You may also bring a mat, blanket, pillow. Please register via the member portal.

Contact Kimi to register any non-member participants at Kimi@cvaclife.com

SOUND INSTRUMENTS

Sound instruments create a space of special frequencies and vibrations that have proven to be both relaxing and revitalizing. Sound travels nearly three times faster through water than through air, and as the human body is nearly 80% water in body weight and 100% in body chemistry, the effects of sound therapy can be both profound, and instantaneous. Researchers have found that sound waves affect the human nervous system—decreasing blood pressure, reducing anxiety and enhancing mood states. Ancient cultures have been using similar instruments or sonic frequency technologies for more than 2,000 years.

WENDY MORO

Wendy is an accredited sound energy practitioner. She leads sound baths and offers group and individual sound healing sessions that enable the power of sound vibrations to calm the nervous system and promote a higher level of well-being.



— BEGINNER —
**TENNIS CLINIC
KICKOFF!**

SAT, APRIL 27 | 10:30 AM - 12 PM

\$30/MEMBER



Register through the Member Portal, Concierge or email Zack at Zack@CVAClife.com