



MONTHLY MEMBERSHIP EVENT CALENDAR

NOVEMBER 2024

SUN, NOVEMBER 10

ADULT & PEDIATRIC CPR/AED /FIRST AID CERTIFICATION

10:00 AM - 2:00 PM | Fitness Studio
\$90/Member | \$100 Non-Member

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 12 participants.

Please register through the Member Portal.

NOVEMBER 11-20

10-DAY PLANKS-GIVING CHALLENGE Virtual | \$15/Member

Let's celebrate Thanksgiving by giving thanks to your core! Join Kimi Hori for a 10 day Planks-giving challenge with a variety of planks to strengthen total body, improve posture, and develop core endurance. Complete 7 of the 10 days to be entered into a raffle for prizes!

Contact Kimi Hori at Kimi@cvaclife.com to register for the challenge or for more information.

NOVEMBER 12-13

SANDJUNE ATHLETIC WEAR POP- UP SALE

Tues., Nov. 12 | 8:30 AM - 1:30 PM & 4:00 - 6:00 PM

Wed., Nov 13 | 8:30 AM - 12:30 PM
CVAC Lobby

Treat yourself at our pop-up event featuring SandJune athletic wear at discounted prices.

THUR, NOVEMBER 14

WINE TASTING WITH MARGERUM WINE COMPANY

5:00 - 7:00 PM | CVAC Cafe
Complimentary with Additional Glasses and Small Bites for Purchase.

Join us for a complimentary wine tasting event in the cafe with live music and a representative from Margerum Wine Company. Please register through the member portal.

NOVEMBER 16 & 17

CVAC TENNIS CLUB CHAMPIONSHIP

Tennis Courts
\$30/Singles | \$40/Doubles

Sign up to compete in our club championship! For details or to register, email Zack@CVAClife.com or visit the Front Desk.

SUN, NOVEMBER 17

HIKE WITH PUPS: BRAZIL RANCH TRAIL

8:30 AM | Brazil Ranch
Complimentary

Join us for a 5 mile moderate to challenging out and back hike with 1,325ft elevation gain. We will see incredible views of the ocean and the fields display grazing cows. Feel free to

invite friends, neighbors, and family members - The more the merrier! Please register on the Member Portal for better communication with you.

FRI, NOVEMBER 22

PARENTS' NIGHT OUT: CRAFT NIGHT

5:00 - 8:00 PM | Kids' Club
\$35/Child

Enjoy an evening off property while your child enjoys fall craft making at Kids' Club. Pizza will be provided. Please register by 11/19.

THUR, NOVEMBER 28

CVAC TURKEY TROT 5K!

9:00 AM | Southbank Trail
\$35/Adult | Free for Kids 10 & Under

Join our CVAC Turkey Trot on Thanksgiving Day for a fun, family-friendly 5K benefiting the Monterey Food Bank—run, jog, roll, or walk starting at 9:00 AM. Register now at CVACLife.com/Trot.

SAVE THE DATE

12/6—MEMBER HOLIDAY PARTY & KRINGLE MARKET

12/7—GINGERBREAD HOUSE MAKING

12/9—12 DAYS OF HIIT-NESS!

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

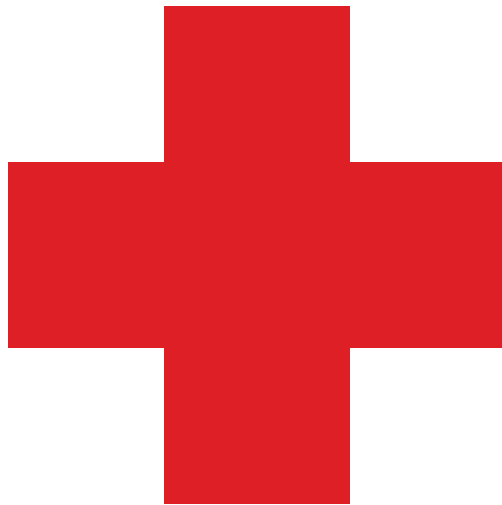


ADULT & PEDIATRIC CPR/AED FIRST AID CERTIFICATION

Sunday, November 10th | 10:00 AM - 2:00 PM

Ages 13+ | Fitness Studio

\$90 per Member | \$100 per Non-Member



Back by popular demand!

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 12 participants.

Please register through the Member Portal.



JOIN US NOVEMBER 11TH-20TH FOR A

10-DAY PLANKS-GIVING CHALLENGE

LOCATION: VIRTUAL

Let's celebrate Thanksgiving by giving thanks to your core! Join Kimi Hori for a 10-Day Planks-Giving Challenge with a variety of planks to strengthen total body, improve posture, and develop core endurance.

Each day, you will receive a plank assignment via text and email and once done, text back with "DONE!" to keep track of your workout. Complete 7 of the 10 days to be entered into a raffle for prizes!

CONTACT KIMI HORI AT [KIMI@CVACLIFE.COM](mailto:kimi@cvaclife.com)
TO REGISTER FOR THE CHALLENGE OR FOR MORE
INFORMATION. \$15/PERSON TO JOIN.



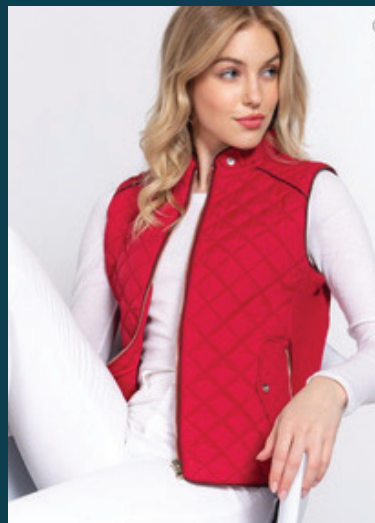
SANDJUNE FITNESS WEAR SALE

*Shop at our Two-Day
Pop-up Event!*

8:30 AM TO 1:30 PM & 4:00 TO 6:00 PM
ON TUESDAY, NOVEMBER 12

8:30 AM TO 12:30 PM ON WEDNESDAY,
NOVEMBER 13

FITNESS CENTER LOBBY





Margerum *Wine Tasting*

COMPLIMENTARY
WINE TASTING



NOVEMBER
14

5:00 - 7:00 PM

Sip, savor, and socialize! Join us for an evening featuring a complimentary tasting of Margerum Wine Company's Santa Barbara wines and live music. Additional glasses and small bites will be available for purchase.

Wine Tasting Menu

3 Mini Pulled Pork Sliders: \$16

Coconut Shrimp with Wasabi Sauce: \$14

Mom's Pork Sausage Egg Rolls with Chili Sauce: \$10

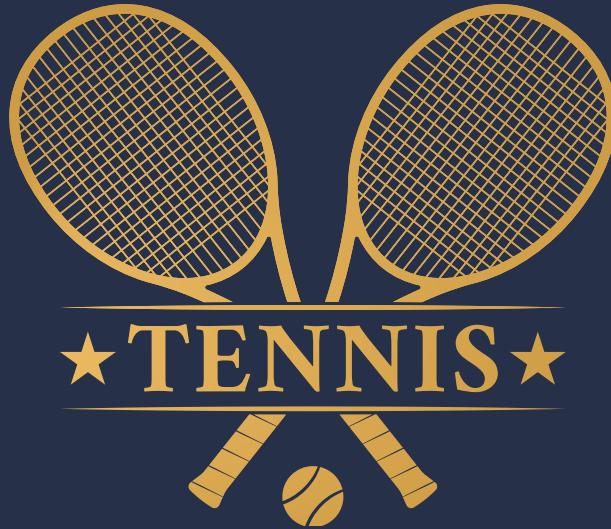
Balsamic Bruschetta (*Vegetarian*): \$9

Chips & Guac: \$14

REGISTER THROUGH
THE MEMBER PORTAL



2024



CLUB CHAMPIONSHIP

NOVEMBER 16TH & 17TH

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

Sign up for our Tennis Club Championship tournament and let's see who will win the Scot McKay Cup! 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.

Participants that register by November 1st will receive a Club Championship T-shirt!

To register, or for questions, email Zack@CVAClife.com. Sign-up forms will also be available at the Front Desk.



Let's be social!

HIKE WITH PUPS

**8:30 AM | SUNDAY, NOVEMBER 17TH
AT BRAZIL RANCH**

*8:30 AM - Meet at Starbucks at Rio Rd for Carpool
9:00 AM - Hike start time*

Join us for a 5 mile moderate to challenging out and back hike with 1,325ft elevation gain. We will see incredible views of the ocean and the fields display grazing cows. Trekking poles recommended for the steep sections. Due to limited parking, we recommend carpooling, so we will meet at the Starbucks parking lot at Rio Rd. Dogs are allowed on this trail, so please bring dog necessities.

Feel free to invite friends, neighbors, and family members - The more the merrier! Contact Kimi Hori for more information. If you have suggestions for other meetups or hike locations, please feel free to let Kimi know at Kimi@cvaclife.com.

**Please register on the Member Portal
for better communication with you.**



PARENTS' NIGHT OUT

CRAFT NIGHT!



5-8 PM | FRIDAY, NOVEMBER 22ND

AT KIDS' CLUB

\$35/CHILD | AGES 2+

Enjoy an evening off property while your child enjoys some fall craft making at Kids' Club. Pizza will be provided.

Please register by November 19th

REGISTER THROUGH THE MEMBER PORTAL



JOIN US DECEMBER 9TH-30TH FOR A

12-DAYS OF HIIT-NESS CHALLENGE

LOCATION: VIRTUAL VIA KIMI'S YOUTUBE

Let's stay active with 12 days of HIIT Training which will keep your metabolism going. Options will be provided so that everyone can participate! Want to go hard? You got it! Need to modify? No problem! You can do these anywhere by following Kimi on her YouTube channel for the workout.

Participate in 8 of the 12 days to be entered
into a raffle!

CONTACT KIMI HORI AT [KIMI@CVACLIFE.COM](mailto:kimi@cvaclife.com)
TO REGISTER FOR THE CHALLENGE OR FOR MORE
INFORMATION. \$15/PERSON TO JOIN.



Gingerbread House Making



December 7

Join us for an afternoon of holiday cheer and creativity at our Gingerbread House Making event. Food and drinks will be available for purchase at the CVAC Cafe.

\$25/Gingerbread House

Located in the Fitness Studio

Very limited space.

Register through the Member Portal
by December 2nd.

