



MONTHLY MEMBERSHIP EVENT CALENDAR

DECEMBER 2024

STARTS DECEMBER 1 **CIRCUIT 45**

9:00 AM | Every Tuesday & Thursday
1st Floor Fitness Center | \$30/Session

Introducing Circuit 45: a dynamic 45-minute strength and conditioning class designed to deliver a comprehensive full-body workout. Starting this December, join us every Tuesday and Thursday at 9 AM in the first-floor fitness center.

Sign up through the Member Portal.

FRI, DECEMBER 6 **KRINGLE MARKET & MEMBER HOLIDAY PARTY!**

5:30 - 8:00 PM | CVAC
Complimentary

Join us for a warm and festive evening at our Member Holiday Party, featuring the debut of our Kringle Market! Celebrate the season with an unforgettable night of community and holiday cheer. Enjoy live music by Dick Robbins & Trio, a fireside Welsh Christmas story reading by Toby Rowland-Jones, grazing stations offering food,

desserts, and hot chocolate, and a special visit from Santa & his Magic Elf. A no-host bar available for those wishing to purchase drinks.

Please register through the Member Portal by December 2nd.

DECEMBER 9-20 **12 DAYS OF HIT-NESS CHALLENGE**

Virtual | \$15/Person

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 to register for the challenge or for more information. \$15/Person to join.

SUN, DECEMBER 15 **HIKE AT HENRY COWELL REDWOOD STATE PARK**

8:00 AM Meet Time | 9:00 AM Hike
Henry Cowell Redwood State Park
\$10/Vehicle for Parking
(Let's Carpool!)

Join us for a challenging 7.7-mile hike with a 1,755 ft elevation gain. Explore the Fall Creek Unit along the Fall Creek Trail, passing notable landmarks such as the Big Ben Tree and the Barrel Mill area. Fall Creek features stunning redwood forests that are sure to impress.

For more information, contact Kimi Hori at Kimi@cvaclife.com. Please register through the Member Portal for better communication with you.

SAVE THE DATE

1/17—PARENTS' NIGHT OUT

**1/21—CHOMP BIOMETRIC
SCREENING**

**1/23—CVAC BOOK CLUB LAUNCH
EVENT & LISA WATSON BOOK
SIGNING**

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



We Invite You To A
Kringle Market
Member Holiday Party

December 6th from 5:30-8:00 PM

Local Artisan Vendors,
Live Music by Dick Robbins & Trio,
Fireside Welsh Christmas Story Reading
by Toby Rowland-Jones,
Dessert & Hot Chocolate Station,
Santa & Magic Elf

*RSVP by December 2nd
Through the Member Portal*

Local Artisans: Homemade Jewelry, Pottery, Cards, Food & More



JOIN US DECEMBER 9TH-20TH 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
TO REGISTER FOR THE CHALLENGE OR FOR MORE
INFORMATION. \$15/PERSON TO JOIN.

Let's be social!



HIKE AT HENRY COWELL REDWOOD STATE PARK

8:00 AM | SUNDAY, DECEMBER 15TH

8:00 AM - Meet at Starbucks at Rio Rd for Carpool

9:00 AM - Hike Start Time

Join us for a challenging 7.7-mile hike with a 1,755 ft elevation gain. Explore the Fall Creek Unit along the Fall Creek Trail, passing notable landmarks such as the Big Ben Tree and the Barrel Mill area. Fall Creek features stunning redwood forests that are sure to impress.

We will meet at the Starbucks parking lot on Rio Road for carpooling at 8:00 AM. Alternatively, you're welcome to head directly to the State Park on your own.

Feel free to invite friends, neighbors, and family members—the more, the merrier! For more information, contact Kimi Hori at Kimi@cvaclife.com. If you have suggestions for other meetups or hike locations, Kimi would love to hear them!

Cost: \$10 for Parking (Let's Carpool!)

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