



JANUARY 2024

SUN, JANUARY 12

HIKE WITH PUPS!

9:00 AM | Garland Ranch Regional Park | Complimentary

Join us at Garland Ranch Regional Park with your pup (or just yourself) for a moderate 4-mile hike. Bring water, snacks, and dog necessities and let's meet at the main bridge by the parking lot. Please register through the Member Portal.

JAN 13 - FEB 24

CVAC FITNESS CHALLENGE: HOLIDAY REHAB

5:30 - 8:00 PM | Virtual | \$49/Person

Jumpstart your fitness routine with CVAC's first-ever virtual fitness challenge, running January 13th to February 24th. Led by Personal Trainer Diana Bossio, this program includes three weekly workouts, motivational emails, Evolt 360 body scans, nutritional guidance, and weekly check-ins. Connect with a supportive community and build lasting habits to kick off the new year strong!

TUE, JANUARY 14

NEW YEAR FULL MOON SOUNDBATH

7:00 - 8:15 PM | Mind & Body Center \$35/Member & \$40/Non-Member

Join us for a deeply restorative evening created to help you release physical tension and experience deep peace with a blissful guided meditation and healing sound

journey. Please register via the member portal.

FRI, JANUARY 17

PARENTS' NIGHT OUT: GAME NIGHT

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

Enjoy an evening out while your child partakes in friendly competition at Kids' Club's Game Night! Pizza will be provided. Please register by January 14th through the Member Portal.

SAT, JANUARY 18

LES MILLS LAUNCH SUPER SATURDAY

8:00 AM RPM (Cycle Studio)
9:00 AM BODYBALANCE (Fitness Studio)
10:00 AM BODYPUMP (MB Studio)
11:00 AM BODYCOMBAT (MB Studio)
Complimentary

New music and new moves to celebrate the New Year! Join us for our newest and exciting Les Mills releases with our amazing instructors.

TUE, JANUARY 21

MONTAGE HEALTH SCREENING

8:00 - 11:00 AM | CVAC Lobby \$40/Non-Fasting & \$45/Fasting

Take advantage of CVAC's on-site health screening, offering blood pressure checks, body composition assessments, and cholesterol and glucose testing. A 12-hour

fast is recommended for accurate results. Finish with personalized exit coaching to support your health journey.

CHOMP will be on-site Saturday, the 18th, from 10 AM to 12 PM to assist with event sign-ups.

THUR, JANUARY 23

BOOK CLUB LAUNCH EVENT WITH "WHAT WE WISHED FOR" BY LISA WATSON

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

Celebrate the launch of the CVAC Book Club with a special reading by author Lisa Watson from her heartfelt book What We Wished For, sharing her family's adoption journey. Connect with our book-loving community and be part of inspiring discussions. Register through the member portal.

SAVE THE DATE

2/1—SALSA NIGHT

2/9—AMERICAN RED CROSS CPR/AED CERTIFICATION

2/13—SIP & PAINT - GALENTINE'S DAY

2/14—PARENTS' NIGHT OUT: VALENTINE'S DAY

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



Let's be social!

HIKE WITH PUPS! GARLAND RANCH

9:00 AM | SUNDAY, JANUARY 12TH

9:00 AM - Meet at the Main Bridge by the Parking Lot

Join us at Garland Ranch Regional Park with your pup (or just yourself) for a moderate 4-mile hike. Bring water, snacks, and dog necessities. Pups are not required to join the hike and feel free to invite any friends and family members.

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.**



CVAC FITNESS CHALLENGE

Holiday Rehab!

January 13 - February 24, 2025

A Virtual Challenge | \$49/Person



Jumpstart your fitness routine with CVAC's first-ever virtual fitness challenge! Led by Personal Trainer Diana Bossio, this 6-week program includes three weekly workouts, motivational emails, Evolt 360 body scans, nutritional guidance, and weekly check-ins. Connect with a supportive community and build lasting habits to kick off the new year strong!

Please Register Through The Member Portal



NEW YEAR FULL MOON SOUNDBATH

TUESDAY, JANUARY 14th

7:00 TO 8:15 PM

\$35 MEMBER / \$40 NON-MEMBER

Release, Receive, Restore

Please join us for a deeply restorative evening created to help you release physical tension and experience deep peace with a blissful guided meditation and healing sound journey. Take time to slow down, set intentions for the New Year and experience whole body nourishment as you reset your nervous system.

Instruments featured include: Tibetan bowls, ocean drum, rain stick, Tubular Chimes, Flute and string instruments.

Please wear warm clothing and for more comfort you may bring a mat, blanket, pillow. Please register via the member portal.

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.



PARENTS' NIGHT OUT GAME NIGHT



5-8 PM | FRIDAY, JANUARY 17TH

AT KIDS' CLUB

\$35/CHILD | AGES 2+

Enjoy an evening out while your child partakes in friendly competition at Kids' Club's Game Night! Pizza will be provided.

Please register by January 14th

REGISTER THROUGH THE MEMBER PORTAL



LES MILLS LAUNCH

Super Saturday!

New music, new moves! Join us for our newest and exciting Les Mills releases with our amazing instructors on January 18th!

CLASSES:

8:00 am RPM (Cycle Studio)

9:00 am BODYBALANCE (Fitness Studio)

10:00 am BODYPUMP (Mind & Body Center)

11:00 am BODYCOMBAT (Mind & Body Center)

Sign up for classes in the Member Portal or with the CVAC Concierge.

On-site Health Screening

Carmel Valley Athletic Club is offering a health screening to all staff and members.



DATE: January 21st, 2025

TIME: 8:00am - 11:00am

LOCATION: CVAC Lobby

Health screening includes:

- Blood pressure
- Body composition assessment
- Cholesterol and blood glucose
 - 12 hour fasting optional for blood glucose, but recommended for more accurate results
- Exit coaching
- \$45.

Coming Soon



MONTAGE
Health

Worksite Wellness

(831) 658-3977

worksitewellness@montagehealth.org



CVAC BOOK CLUB LAUNCH EVENT

JAN 23 | 5:30-7 PM

Join us at our CVAC Book Club Launch event, featuring a reading by our very own member and author, Lisa Watson. After, Lisa will share insights about her newest book, *What We Wished For*, which chronicles the adoption journey of her two daughters.

**REGISTER VIA
THE MEMBER PORTAL**

Email Kim@CVACLife.com to join the CVAC Book Club and take part in February's discussion!