



## AUGUST 2025

### AUGUST 1, 8, 15, 22, 29 FRIDAY NIGHT LIGHTS LIVE BALL

4:30 - 6:00 PM | Tennis Courts

\$35/Member

Our tennis Friday Night Lights Live Ball is all about fast-paced action, quick movement, and nonstop point play. You'll rotate through doubles formations and sharpen the shots that matter most.

### STARTING AUGUST 3 NEW CLASS: FOUNDATIONAL YOGA FLOW

Sundays from 9:00 - 10:15 AM

Fitness Studio | Group Fitness

Try this new yoga class for all levels with a strong focus on alignment, breath, mindfulness, and movement. The class is designed to improve strength, flexibility, and mental wellbeing, helping to build resiliency in all life domains

### AUGUST 5, 12, 19, 26

#### TACO TUESDAY

4:30 - 7:00 PM | Woody's at CVAC

Buffet: \$21/Person

Join us at Woody's at CVAC for a Taco Tuesday buffet featuring Yucatán-style chicken, authentic carne asada, Dos Equis braised carnitas, veggie harvest, and more.

### AUGUST 8 & 29

#### PICKLEBALL MIXER

4:00 - 6:00 PM | Pickleball Courts

Complimentary

Join us on the courts for a fun and social evening of pickleball! This is a great opportunity to meet fellow players and enjoy

some friendly competition.

Registration for August 8 mixer closes August 5, while registration for August 29 mixer closes on August 26.

### FRI, AUGUST 8 WINE TASTING WITH CORRAL WINE CO.

5:00 - 7:00 PM | Woody's at CVAC Deck

Complimentary Glass with Additional Glasses \$5 Each | Food Available for Purchase from Woody's at CVAC

Join us for a complimentary tasting led by a knowledgeable Corral representative who will guide you through standout wines.

Registration closes August 5.

### FRI, AUGUST 8 OPEN MIC NIGHT

5:00 - 7:00 PM | Woody's at CVAC Deck

Complimentary

Whether it's music, poetry, comedy, or something uniquely your own, all family-friendly acts are welcome at our Open Mic Night. Interested performers, please sign up in advance by contacting Mary at Mary@CVACLife.com.

Registration closes August 5.

### SUN, AUGUST 10 ADULT & PEDIATRIC CPR/AED/ FIRST AID CERTIFICATION

10:30 - 2:30 PM | Fitness Studio

\$90/Member, \$100/Non-Member | Ages 13+

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 year.

Space is limited to 8 participants. Please register via the Member Portal.

### FRI, AUGUST 22 PARENTS' NIGHT OUT: ICE CREAM MAKING

5:00 - 8:00 PM | Kids' Club

\$35/Member | Ages 2+

Enjoy an evening out while your kids whip up some tasty ice cream creations. Kids will enjoy pizza, ice cream making, and plenty of fun with friends. Please register by August 19.

### SUN, AUGUST 24 LET'S HIKE WITH PUPS!

8:30 AM | Garland Ranch Regional Park

Complimentary

Join us for a dog-friendly, approximately 3-hour moderate level loop following Waterfall Trail and Mesa Trail to the Mesa Pond. Please register via the Member Portal.

### SAVE THE DATE 9/1—LABOR DAY BBQ & POOL PARTY

### 9/1—HYBRID TRAINING: PERSONAL TRAINING PROGRAM

### 9/18—SIP & PAINT

### 10/10—TENNIS CLUB

### CHAMPIONSHIP

### 10/10—FALL FEST

To register, visit the Member Portal, the CVAC App, or call the CVAC Concierge at (831) 624-2737.  
For paid events, please cancel at least 24 hours prior to the event start time to receive a full refund.





*New Class!*

# Foundational Yoga Flow

*Sundays from 9:00 - 10:15 AM*



Try this new yoga class for all levels with a strong focus on alignment, breath, mindfulness, and movement. The class is designed to improve strength, flexibility, and mental wellbeing, helping to build resiliency in all life domains.

Located in the Fitness Studio.



# TACO TUESDAY!

Every Tuesday

4:30-7:00 PM

## Taco Tuesday Menu:

Veggie Harvest

Yucatán Style Slow Roasted Chicken

Authentic Carne Asada

Dos Equis Braised Pork Carnitas

Accompanied by Mexican spiced rice, slow-stewed pinto beans, fresh corn and flour tortillas, guacamole, sour cream, cheeses, grilled scallions, fire-roasted jalapeños, and more!

Enjoy a relaxing evening with great food and good company at Woody's at CVAC.

*Buffet: \$21/Person*





*Let's be social!*

# LET'S HIKE WITH PUPS! GARLAND RANCH

**8:30 AM | SUNDAY, AUGUST 24**

Join us for a dog-friendly, approximately 3-hour moderate level loop following Waterfall Trail and Mesa Trail to the Mesa Pond. We will meet at Garland Ranch Regional Park main bridge with our dogs.

Bring water, sunscreen, 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!

**Register on the Member Portal for better communication with you.  
Contact Kimi Hori, Fitness Manager, for more information.**



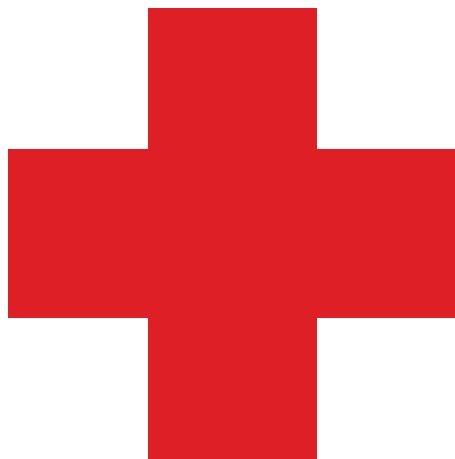


# ADULT & PEDIATRIC CPR/AED FIRST AID CERTIFICATION

**Sunday, August 10 | 10:30 AM - 2:30 PM**

**Ages 13+ | Fitness Studio**

**\$90/Member | \$100/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 8 participants.

Please register through the Member Portal.





# OPEN MIC NIGHT

Friday, August 8  
5:00 - 7:00 PM



Whether it's music, poetry, comedy, or something uniquely your own, all family-friendly acts are welcome at our Open Mic Night.

***Interested performers, please sign up in advance by contacting Mary at [Mary@CVACLife.com](mailto:Mary@CVACLife.com). Registration closes August 5.***





# PICKLEBALL MIXER

FRIDAY, AUGUST 8 & 29 | 4-6 PM

Join us on the courts for a fun and social evening of pickleball! This is a great opportunity to meet fellow players and enjoy some friendly competition.



*A Complimentary Event | All Levels Welcome*

REGISTER THROUGH THE MEMBER PORTAL OR CONCIERGE

*Registration for August 8 mixer closes August 5  
Registration for August 29 mixer closes August 26*





# *Wine Tasting* Corral Wine Co.

COMPLIMENTARY  
WINE TASTING

ENJOY ADDITIONAL  
GLASSES FOR \$5



**AUGUST**  
**8**

5:00 - 7:00 PM

Join us for a complimentary tasting led by a knowledgeable Corral Wine Co. representative who will guide you through standout wines, like their acclaimed Sauvignon Blanc and Chardonnay.

The Café will be open with food available for purchase - come sip, savor, and stay awhile.

**REGISTER THROUGH  
THE MEMBER PORTAL**

*Registration closes August 5*





# PARENTS' NIGHT OUT

## ICE CREAM MAKING



**5-8 PM | FRIDAY, AUGUST 22**

**AT KID'S CLUB**

**\$35/CHILD | AGES 2+**

Enjoy an evening out while your kids whip up some tasty ice cream creations. Kids will enjoy pizza, ice cream making, and plenty of fun with friends.

*Please register by August 19*

**REGISTER THROUGH THE MEMBER PORTAL**