



MONTHLY MEMBERSHIP EVENT CALENDAR

SEPTEMBER 2025

MON, SEPTEMBER 1 LABOR DAY BBQ & POOL PARTY

12:00 - 3:00 PM | BBQ & Pool Party

10:00 AM - 12:00 PM | Tennis RR

1:00 - 3:00 PM | Pickleball RR

Join us for our annual Labor Day BBQ & Pool Party and celebrate with swimming, music, and delicious, festive food. No lap lanes 11:30 AM to 5 PM. Usual guest policy applies.

SEPT. 2, 9, 16, 23, 30

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, carne asada and more!

SEPT. 5, 12, 19, 26

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.

SEPT. 12 & 26

PICKLEBALL CHALLENGES

5:00 - 6:30 PM | Pickleball Courts

\$15/Member & \$20/Non-Member

We are launching competitive Challenges for our more avid players! These will factor into a tournament later down the road. More info coming soon!

THUR, SEPTEMBER 18

SIP & PAINT

5:30 - 8:00 PM | Fitness Studio

\$45/Member

Enjoy a fun, laughter-filled evening of creativity with Progress, not Perfection, Paint Parties, where Jessica will guide you through creating your next masterpiece. Registration ends Sept. 12.

FRI, SEPTEMBER 19 PICKLEBALL SOCIAL MIXER

4:00 - 6:00 PM | Pickleball Courts

Complimentary

Join us on the courts for a fun and social evening of pickleball! This complimentary event is a great opportunity to meet fellow players and get to know our Pickleball Instructor Joaquin. Registration ends Sept. 16.

FRI, SEPTEMBER 19 PARENTS' NIGHT OUT: CLAY CREATIONS!

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

\$35/Child | Ages 2+

Enjoy an evening out while your kids exercise their imaginations. Kids will enjoy pizza, clay making, and plenty of fun with friends. Please register by September 16.

TUE, SEPTEMBER 23 FALL EQUINOX SOUND BATH

7:00 - 8:00 PM | Mind & Body Center

\$35/Member & \$40/Non-Member

Join Wendy Moro 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.

FRI, SEPTEMBER 26 TRIVIA NIGHT

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

Complimentary

Gather your brightest friends (or your most enthusiastic guessers) and join us for a night of good questions and even better company. Registration ends Sept. 22.

SUN, SEPTEMBER 28 LET'S HIKE WITH PUPS!

TORO PARK

8:30 - 12:00 PM | Toro Park

Complimentary

Join us at Toro Park for the Gilson Gap Loop Trail (4.3 mi, 748ft elevation gain). Come with your pup, or just yourself!

SEPT. 30 & OCT. 1 SANDJUNE ATHLETIC WEAR POPUK SALE!

Tues, Sept. 30 | 8:30 - 1:30 & 4:30 - 6 PM

Wed, Oct. 1 | 8:00 AM - 12:30 PM

Fitness Center Lobby

Enjoy incredible discounts on quality fitness wear by Sandjune!

SAVE THE DATE 10/10—TENNIS CLUB CHAMPIONSHIP 10/10—FALL FEST 10/24—PARENTS' NIGHT OUT: TRICK OR TREAT 11/1—SAN JOSE SHARKS GAME

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.



CVAC'S HYBRID TRAINING

VIRTUAL PERSONAL TRAINING



- Personalized Fitness Assessment
- Two Evolt Body Composition Scans
- 4-Week Training Plan
- Direct In-App Messaging with Trainer



SCAN TO
REGISTER

OR EMAIL DIANA@CVACLIFE.COM TO LEARN MORE



LABOR DAY

BBQ & POOL PARTY

MONDAY, SEPTEMBER 1ST

12:00 PM - 3:00 PM

TENNIS ROUND ROBIN:

10 AM - 12 PM

PICKLEBALL ROUND ROBIN

1 PM - 3 PM

Join us for our annual Labor Day BBQ & Pool Party from 12 pm to 3 pm and celebrate with swimming, music, and delicious, festive food.

No lap lanes 11:30 am to 5 pm.

Sign up for the Tennis Round Robin and/or Pickleball Round Robin through the Member Portal.



SIGN UP THROUGH THE MEMBER PORTAL
SPOTS STILL AVAILABLE



Sip & Paint

THURSDAY, SEPTEMBER 18



5:30-8:00 PM
\$45/MEMBER

FITNESS
STUDIO

Enjoy a fun, laughter-filled evening of creativity with Progress, not Perfection, Paint Parties. Sipping begins with a reception at 5:30 followed by painting at 6 PM, led by Jessica who will guide you through creating your next masterpiece. No experience necessary.

Registration ends September 12.



PARENTS' NIGHT OUT

CLAY CREATIONS



5-8 PM | FRIDAY, SEPT. 19

AT KID'S CLUB

\$35/CHILD | AGES 2+

Enjoy an evening out while your kids exercise their imaginations, creating clay creations they'll get to take home with them. Kids will enjoy pizza, clay making, and plenty of fun with friends.

Please register by September 16

REGISTER THROUGH THE MEMBER PORTAL



FALL EQUINOX SOUND BATH

WITH WENDY MORO



TUESDAY

23

SEPT.

Release, Receive, Restore

7:00 - 8:00 PM | Mind & Body Center

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.

\$35/MEMBER | \$40/NON-MEMBER

PLEASE REGISTER THROUGH THE MEMBER PORTAL OR CVAC APP



TRIVIA NIGHT

FRI 26TH
SEPTEMBER

5pm to 7pm

a complimentary social event

Location at Woody's at CVAC
Registration ends Sept. 22



Let's be social!

LET'S HIKE WITH PUPS!

Toro Park

8:30 AM - 12:00 PM | SUNDAY, SEPT. 28

Join us at Toro Park for a beautiful hike along the Gilson Gap Loop Trail (4.3 mi, 748ft elevation gain). Come with your pup, or just yourself!

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.

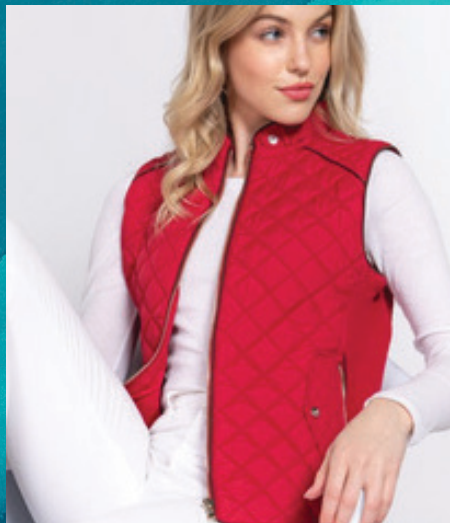


SANDJUNE FITNESS WEAR SALE

*Enjoy incredible discounts on quality
fitness wear by Sandjune!*

TUESDAY, SEPTEMBER 30
8:30 AM – 1:30 PM & 4:30 – 6:00 PM

WEDNESDAY, OCTOBER 1
8:00 AM – 12:30 PM



Located in the Fitness Center Lobby

Level up your touch, timing and match IQ

2025 PICKLEBALL BLITZ

ALL LEVELS
WELCOME

October 5 - 17, 2025

11 themed sessions

\$65/Person/Clinic

Private lessons available



To register, email Cwells40@aol.com