



NOVEMBER 2025

TUE, NOVEMBER 4 POP-UP MOBILE DETAILING

9:00 AM - 12:00 PM | CVAC Parking Lot
Monterey Bay Auto Spa comes to CVAC with this pop-up event, offering \$25 off detailing packages, from quick cleans to full interior and exterior treatments.

SUN, NOVEMBER 9 FASCIAL ALIGNMENT FOR PEAK PERFORMANCE

12:30 - 1:30 PM | Mind & Body Studio
\$45/Member & \$55/Non-Member
Designed for athletes and active individuals in fitness, tennis, and swimming, this workshop targets the fascia to enhance recovery, alignment, and performance. Unlock better movement, reduce soreness, and support long-term joint health, so you can keep doing what you love, longer and stronger.

WED, NOVEMBER 12 CVAC WINE WALK

4:30 PM | Carmel Valley Village
\$55/Member
Join us in Carmel Valley for a guided wine education experience with our very own Toby Rowland Jones! Learn how to smell, taste, and fully appreciate wine while exploring the rich local history of our valley. The event includes a wine tasting flight at each winery with delicious small bites at the last stop. Registration closes November 8th.

FRI, NOVEMBER 14 PARENTS' NIGHT OUT: MOVIE NIGHT

5:00 - 8:00 PM | Kids' Club
\$35/Child | Ages 2+
Take the night off while your little ones enjoy an evening of pizza, popcorn, and a movie with friends. It's a fun night out for them and a quiet evening for you. Registration closes 11/11.

SUN, NOVEMBER 19 LET'S HIKE! POINT LOBOS

8:00 AM | Point Lobos
Complimentary
Join us at Point Lobos for a breathtaking 6.4 mile hike considered a moderately challenging route due to distance. Register on the Member Portal for better communication with you.

STARTS NOVEMBER 17 WINTER WARRIOR VIRTUAL TRAINING

6 Week Program | Virtual Training
\$99/Member
This virtual challenge is your guide to conquering the holiday season without the weight gain, guilt, or burn out. Follow this six week progressive fitness plan to stay strong, energized, and confident this holiday season. Register through the Member Portal.

THUR, NOVEMBER 20 NEW MOON GRATITUDE SOUND BATH

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

Experience mind and body restoration with a meditative sound journey curated to calm the nervous system, release muscular tensions, and quiet the mind
This special gathering begins with a guided gratitude meditation, followed by a concert of sacred vibrations and instruments.

FRI, NOVEMBER 21 WINE TASTING WITH GAINNEY VINEYARD

5:00 - 7:00 PM | Woody's at CVAC
Complimentary Tasting with Additional Glasses for \$5
Sip with Gainney Vineyard, four generations of Santa Ynez craftsmanship in every pour. Members enjoy a complimentary tasting with a Gainney representative.
The Café will be open with food available for purchase. Come sip, savor, and stay awhile.

THUR, NOVEMBER 27 TURKEY TROT

9:00 AM | South Bank Trail
Begin your Thanksgiving celebration by working up an appetite and giving back to our community at this festive 5k event! 100% of the proceeds go to the Monterey Food Bank. Register at bit.ly/CVACTrot25

SAVE THE DATE 12/6—PARENTS' DAY OUT 12/12—KRINGLE MARKET

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.



FASCIAL ALIGNMENT FOR PEAK PERFORMANCE

NOVEMBER 9 AT 12:30 -1:30 PM | MIND & BODY STUDIO



Designed for athletes and active individuals in fitness, tennis, and swimming, this workshop targets the fascia to enhance recovery, alignment, and performance.

BENEFITS:

- Better movement
- Reduced soreness
- Long-term joint health

\$45/MEMBER

\$55/NON-MEMBER

REGISTER THROUGH THE MEMBER PORTAL

CVAC Wine Walk

Wednesday, Nov. 12

4:30 PM

Join us on Wednesday, November 12th in Carmel Valley for a guided wine education experience with our very own Toby Rowland Jones! We will meet at Corral Winery Tasting Room at 4:30 pm. Next stops will be Chesebro and Bernardus tasting rooms. Learn how to smell, taste, and fully appreciate wine while exploring the rich local history of Carmel Valley. The event includes a wine tasting flight at each winery with delicious small bites at the last stop.

\$55/Member

Limited to 12 Participants

Register Through the Member Portal

Registration ends November 8





PARENTS' NIGHT OUT

Movie Night



5-8 PM | FRIDAY, NOV. 14

AT KID'S CLUB

\$35/CHILD | AGES 2+

Take the night off while your little ones enjoy an evening of pizza, popcorn, and a movie with friends. It's a fun night out for them and a quiet evening for you.

Registration closes November 11

REGISTER THROUGH THE MEMBER PORTAL



Let's be social!

LET'S HIKE! POINT LOBOS

8:00 AM | SUNDAY, NOV. 16

Join us at Point Lobos for a breathtaking 6.4 mile hike considered a moderately challenging route due to distance. May break off halfway for a shorter hike. To avoid the weekend crowd, we will start hiking at 8:00am so please park on Hwy 1, walk in and meet inside the gate at information board.

While dogs are not allowed at the Park, feel free to invite friends, neighbors, and family members - The more the merrier!

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



WINTER WARRIOR VIRTUAL CHALLENGE

6 Weeks | \$99/Person



This virtual challenge is your guide to conquering the holiday season without the weight gain, guilt, or burn out. Follow this fitness plan to stay strong, energized, and confident this holiday season.

WHAT'S INCLUDED:

- 2 Evolt body composition scans
- 6-week fitness plan via our NASM Edge app
- Guidance from Coach Diana Bossio
- Nutrition recommendations

REGISTER THROUGH THE MEMBER PORTAL



NEW MOON GRATITUDE SOUND BATH

WITH WENDY MORO

THURSDAY

20

NOV.

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

Experience mind and body restoration with a meditative sound journey curated to:

- Calm the nervous system
- Release muscular tensions
- Quiet the mind

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

PLEASE REGISTER THROUGH THE MEMBER PORTAL BY NOV. 19



Wine Tasting Gainey Vineyard

COMPLIMENTARY
WINE TASTING

ENJOY ADDITIONAL
GLASSES FOR \$5



NOV.
21

5:00 - 7:00 PM

Sip outstanding Gainey Vineyard wines with four generations of Santa Ynez craftsmanship in every glass. Members enjoy a complimentary tasting with a Gainey Vineyard representative.

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

**REGISTER THROUGH
THE MEMBER PORTAL**

Registration closes November 18



Helping to Feed Monterey County One Trot at a Time



Begin your Thanksgiving celebration by working up an appetite and giving back to our community at this festive 5k event! 100% of the proceeds go to the Monterey Food Bank.



Turkey Trot De-Tails

- **WHEN:** 9:00 am on Thursday, November 27
- **WHERE:** South Bank Trail 26700 Rancho San Carlos Rd.



Scan QR Code
to Register or Visit
[CVACLife.com/
Turkey-Trot](http://CVACLife.com/Turkey-Trot)

Thank You to Our Sponsors!



"We had a great time... It's a lot of fun and I love the energy at the finish line."
- Chris Cleary, Owner of The Treadmill & Coast Carmel