



AUGUST 2026

AUGUST 4 & 5

SANDJUNE FITNESS WEAR POP-UP SALE

August 4: 8:30 AM - 1:30 PM & 4:30 - 6:00 PM

August 5: 8:00 AM - 12:30 PM

Fitness Center Lobby | Complimentary

Refresh your workout wardrobe during Sandjune Fitness Wear's two-day pop-up sale.

AUGUST 4, 11, 18, 25

TACO TUESDAY

4:30 - 7:00 PM | Woody's at CVAC | \$24/Person

Settle in at Woody's every Tuesday in August for tacos and a laid-back evening with friends at the Club.

WED, AUGUST 5

MOBILE DETAILING POP-UP

8:00 AM - 1:00 PM

Back Parking Lot Near Kids' Club | \$75 - \$250

Monterey Bay Auto Spa returns to CVAC with Silver, Gold, and Platinum detailing packages. To reserve an appointment, email Jeff@CVACLife.com.

AUGUST 7, 14, 21, 28

SUMMER CONCERT SERIES

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

Complimentary

Spend Friday evening on the deck with live music from Casey Wickstrom, Rory Lynch, Meredith McHenry, and Sabelle, who will close out the series on August 28.

AUGUST 8, 15, 29

CVAC RUN CLUB

10:00 AM | Meet in the CVAC Lobby

Complimentary

Join member Conrad Becker and fellow runners for a relaxed 5K through the neighborhood. All experience levels are welcome.

WED, AUGUST 19

HEALTH TALK WITH CORDELIA SIDIJAYA: ALL DISEASE BEGINS IN THE GUT!

12:00 PM | Fitness Studio | Complimentary

Join holistic gut health specialist and registered nurse Cordelia Sidijaya to explore how digestive health can affect overall well-being, brain function, and common persistent symptoms.

FRI, AUGUST 21

KIDS' NIGHT: TIE-DYE

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

Kids can create their own colorful tie-dye shirt and enjoy pizza with friends. Shirts will be provided, or children may bring their own. Ages 3+. Register by August 18.

SUN, AUGUST 23

HIKE WITH PUPS: REDWOOD CANYON

8:30 - 11:00 AM | Redwood Canyon Trail

Complimentary

Enjoy a dog-friendly 3.4-mile loop through the redwoods, with an optional two-mile extension to Carmel Valley Creamery.

Pups are welcome but not required.

SAT, AUGUST 29

CVAC NIGHT AT MONTEREY BAY F.C.

7:00 PM | Cardinale Stadium | \$30/Person

Cheer on Monterey Bay FC as they take on Sacramento Republic FC during Back to School Night. CVAC has reserved 10 club-section tickets for members at \$30 each, available on a first-come, first-served basis through the Member Portal or CVAC App. The first 2,000 fans through the gates will receive a special giveaway.

SAVE THE DATE

9/7—LABOR DAY TENNIS MIXER

9/7—LABOR DAY PICKLEBALL MIXER

9/7—LABOR DAY BBQ & POOL PARTY

9/18—KIDS' NIGHT

9/18—TRIVIA NIGHT

9/25—PICKLEBALL TOURNAMENT

9/25—THE ART OF CONSCIOUS PARENTING

10/1-10/14—CHRISTINA WELLS PICKLEBALL BLITZ

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.



Sandjune
FITNESS
WEAR

POP-UP
SALE

Tuesday, August 4
8:30-1:30pm and
4:30-6:00pm

Wednesday, August 5
8am-12.30pm

FITNESS CENTER
LOBBY



Welcome Back **Taco Tuesday!**

August 4, 11, 18, 25 | 4:30 - 7:00 PM

At Woody's at CVAC

\$24/Person



SUMMER CONCERT SERIES

CELEBRATE SUMMER IN THE VALLEY WITH GREAT MUSICIANS
ON THE WOODY'S AT CVAC DECK.

AUGUST | 5-7 PM

8/7: CASEY WICKSTROM

8/14: RORY LYNCH

8/21: MEREDITH MCHENRY

8/28 (FINAL ONE OF THE YEAR): SABELLE



Health Talk with Cordelia Sidijaya

All Disease Begins in the Gut!

What You'll Discover:

- The critical role of how your gut health impacts YOUR overall well-being.*
- WHY you might still be having those chronic nagging symptoms and HOW to address them.*
- Strategies to transform your digestive health, enhance brain function, and strengthen your immune system.*

August 19 / 12 PM | ***Located in the Fitness Studio***



KIDS' NIGHT

TIE-DYE



5-8 PM | FRIDAY, AUGUST 21!

AT KIDS' CLUB

\$35/CHILD

Enjoy a night out while the kids create their own tie-dye shirt, enjoy pizza, and spend the evening with friends. Shirts will be provided. Ages 3+.

Please Register by August 18

REGISTER THROUGH THE MEMBER PORTAL



Let's be social!

LET'S HIKE WITH PUPS!

SUNDAY, AUGUST 23 | 8:30 - 11:00 AM

Join us on Redwood Canyon Trail for a dog-friendly, 3.4-mile loop, 797 ft elevation gain hike with well-maintained trails and a beautiful walk along the creek and into the redwood tree groves.

Optional additional 2-mile round trip hike to the Carmel Valley Creamery!

Pups are welcome, but not required, and friends, neighbors, and family are invited to join the fun.

Register on the Member Portal to receive event updates.



CARMEL VALLEY ATHLETIC CLUB NIGHT AT MBFC VS MONTEREY BAY FC SACRAMENTO REPUBLIC FC

COME ENJOY A GREAT NIGHT OF SOCCER AND
COMMUNITY !

MBFC'S BACK TO SCHOOL NIGHT: ONE OF OUR MOST
POPULAR THEME NIGHTS OF THE YEAR!



**SATURDAY,
AUGUST 29TH**



7:00 PM



**CARDINALE STADIUM
SEASIDE, CA**



MBFC



SACRAMENTO
REPUBLIC FC



FOR QUESTIONS, CONTACT:

RICARDO RODRIGUEZ
831-750-4740
RICARDO@MONTEREYBAYFC.COM



CLUB SECTION SEATS

**SCAN TO
BUY TICKETS**



**\$30.00
PER TICKET**