

MONTHLY MEMBERSHIP EVENT CALENDAR

NOVEMBER 2026

ONGOING THROUGH NOVEMBER

PICKLEBALL PRIVATE & GROUP LESSONS

By Appointment | Contact Jennifer Watson-Yoder

Whether you're learning the fundamentals or refining your game, private and group lessons with Jennifer Watson-Yoder build stronger strokes, court positioning, and match strategy To schedule, call or text (408) 406-7998 or email Jennifer@CVACLife.com.

WED IN NOVEMBER

NEW CLASS: POWER YOGA

9:00 - 10:00 AM | Mind & Body | Complimentary

Build full-body strength in Brook's unheated, dynamic vinyasa class, pairing breath-led movement with creative sequencing and core stability. Modifications and progressions let you move at your own level.

SAT, NOVEMBER 7 & 14

CVAC RUN CLUB: TURKEY TROT TRAINING

10:00 AM | CVAC Lobby | Complimentary

Get ready for CVAC's Annual Turkey Trot with fellow member Conrad Becker and the CVAC Run Club. Join these two training sessions to build momentum, improve your endurance, and prepare for race day. All fitness levels are welcome!

NOVEMBER 10-11

SANDJUNE FITNESS WEAR SALE

Tuesday: 9:00 AM - 1:30 PM; Wednesday: 8:00 AM - 12:30 PM | Fitness Lobby | Complimentary

Refresh your workout wardrobe with special discounts on quality fitness wear by Sandjune. Stop by the Fitness Lobby to shop styles designed to move with you.

WED, NOVEMBER 11

MOBILE DETAILING POP-UP

8:00 AM - 1:00 PM

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

Enjoy a professional detail while you spend time at the Club. Monterey Bay Auto Spa offers Silver ($75), Gold ($140), and Platinum ($250) options. Email Jeff@CVACLife.com to book.

THU, NOVEMBER 12

NEW MOON GRATITUDE SOUNDBATH

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

$35 Members / $45 Non-Members

Unwind with Wendy Moro in a meditative sound journey designed to calm the nervous system, release muscular tension, and quiet the mind. Register through the Member Portal or CVAC App.

SAT, NOVEMBER 14

LET'S HIKE WITH PUPS!

8:30 - 11:30 AM | Jacks Peak County Park | Complimentary

Enjoy the scenic 4.2-mile Pine, Coffeeberry, and Rhus trail loop (816-foot elevation gain). Bring your pup or come solo; friends and family are welcome. Pack water, snacks, and pet essentials. Register through the Member Portal. Questions? Email Kimi@CVACLife.com.

SAT, NOVEMBER 14

HOW TO PLAY PICKLEBALL CLINIC

10:00 AM | Complimentary | Register via Member Portal

New to pickleball? Get comfortable with the basics in this small-group clinic, limited to eight participants. Reserve your place through the Member Portal.

FRI, NOVEMBER 20

KIDS' NIGHT: MOVIE NIGHT

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

Treat the kids to a movie, popcorn, pizza, and an evening with friends while you enjoy some time to yourself. Registration closes Tuesday, November 17.

NOVEMBER 23-25

NOVEMBER KIDS' CAMP

Full- and Half-Day Options | Registration Deadline: November 15

Make school break fun with CVAC's three-day mini-camp, offering full- and half-day options. Register by Sunday, November 15. See the registration form for schedules and pricing.

THU, NOVEMBER 26

ANNUAL TURKEY TROT: VOLUNTEERS NEEDED

Morning Shifts Tentatively 7:15 - 10:15 AM | Details to Follow

Help make CVAC's Annual Turkey Trot a success by volunteering Thanksgiving morning! Shifts are expected from 7:15-10:15 AM; assignments and signup details will be confirmed.

SAVE THE DATE

12/11—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.

Mind & Body Center

New Class

Power Yoga

with Brook



Elevate your heart rate and build full-body strength in this unheated dynamic vinyasa class. Move fluidly from pose to pose with breath-to-movement synchronization, core stability, and creative sequencing. Modifications and progressions are offered.

Wednesdays in November

9:00 - 10:00 AM

Register on the Member Portal.



Sandjune

FITNESS WEAR

POP-UP SALE

Tuesday, November 10
9am-1:30pm

Wednesday, November
11 8am-12:30pm

FITNESS CENTER LOBBY

NEW MOON
GRATITUDE SOUND BATH



THURSDAY
12
NOVEMBER

Release, Receive, Restore
7:00 - 8:00 PM | Mind & Body Studio

Experience mind and body restoration with a meditative sound journey curated to: calm the nervous system, release muscular tensions, quiet the mind.

$35/MEMBER | $45/NON-MEMBER

PLEASE REGISTER THROUGH THE MEMBER PORTAL OR CVAC APP

LET'S HIKE *with* PUPS



SATURDAY, NOV. 14 | 8:30- 11:30 AM

Join us at Jacks Peak County Park for the **Pine Trail to Coffeeberry Trail to Rhus Trail Loop** (4.2 mi, 816ft elevation gain). Come with your pup, or just yourself!

Bring water, sunscreen, snacks, and dog necessities

Pups not required to join the hike.

Feel free to invite friends 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

CARMEL VALLEY ATHLETIC CLUB
CVAC INC
SINCE 1968

KIDS' NIGHT

Movie Night



5-8 PM | NOVEMBER 20

AT KIDS' CLUB

$35/CHILD

Pizza will be provided.
Ages 3+.

Please Register by November 17

REGISTER THROUGH THE MEMBER PORTAL

LARGE THANKSGIVING FEAST TO-GO MENU



WOODY'S AT CVAC

NOVEMBER 26TH

Palermo Bakery Dinner Rolls

Swank Farms Butternut Squash Soup Sip

Apple Cider Brined Diestel Turkey
Mom's Famous Giblet Gravy

Chef Tim's Famous Baked Brioche Stuffing

Double Whipped Mashed Potatoes

Balsamic Glazed Brussels Sprouts

Caramelized Shallot Blue Lake Green Beans

Citrus Marinated Cranberry Sauce

Whole Pumpkin Pie & Apple Pie
w/ whipped cream

To-Go Orders are to be picked up between 11am - 2pm

Please place your orders by November 24th

LARGE THANKSGIVING FEAST

$425++

SERVES 8-10

+ TAX

+ 15% SERVICE CHARGE
(PACKING, ORGANIZATION)

831-620-7371

CARMEL VALLEY ATHLETIC CLUB
CVAC INC
SINCE 1968

KRINGLE MARKET

OUR ANNUAL MEMBER HOLIDAY PARTY

FRIDAY, DECEMBER 11
5:30 - 8:00 PM

LOCAL ARTISAN VENDORS	CHILDREN'S CRAFTS	COMPLIMENTARY FOOD CATERED BY WOODY'S	AND MORE

CALLING ALL VENDORS

WE'RE LOOKING FOR LOCAL ARTISANS AND MAKERS TO BE PART OF THIS YEAR'S KRINGLE MARKET.

REACH OUT TO MARY@CVACLIFE.COM FOR DETAILS

REGISTRATION DEADLINE

DECEMBER 1

WEEKLY

Dinners to-go

WOODY'S AT CVAC

How It Works

Order: Friday through Monday

Pick Up: Tuesdays between 4:00 PM and 6:00 PM

Price: $35 per person (all inclusive)

To Place Your Order: 📞 (831) 620-7371

Each Dinner Includes:

✓ Featured soup or dinner salad

✓ Chef-selected entrée

✓ Small sweet bite for dessert

Meals are prepared fresh and designed to be enjoyed that evening or refrigerated and reheated the next day.

Remember, Woody's is open to everyone, and there's no better place to enjoy a meal and relax with one of the best views on the Monterey Peninsula.

We look forward to serving you.



WEEKLY

Dinners to-go

WOODY'S AT CVAC

THIS WEEK: TUESDAY, NOVEMBER 3RD

Chef's Lasagna

Angus Ground Beef, Caggiano Italian Sausage,
Jersey Ricotta, Mozzarella, Marinara

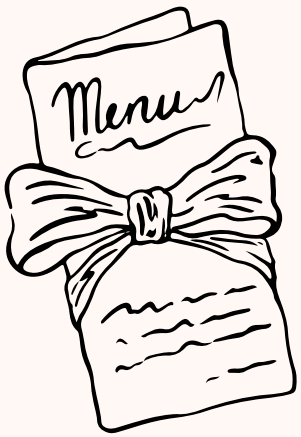
Caesar Salad

Baby romaine hearts, parmigiano-reggiano, over-roasted garlic crouton, House-made caesar dressing

Brownie Bite Dessert

TUESDAYS (WEEKLY)	**PICK UP @ WOODYS AT CVAC 4:00P-6:00P**	**$35 ALL INCLUSIVE**

SNEAK PEAK FOR DINNERS TO COME



Classic Spaghetti Bolognese
Chicken Pot Pie
Pork Schnitzel
Chicken Parm

