



OCTOBER 2026

FRI, OCTOBER 2

FALL FEST

5:00 - 7:00 PM | CVAC | *Complimentary*
Celebrate fall at CVAC with line dancing led by fellow member Michael Wong, live music from the Fred McCarty Country Duo featuring Michael Ray on fiddle, and local artisan vendors. Food and beverages will be available for purchase. Contact Mary@CVACLife.com to enter your chili in the competition!

OCTOBER 2, 9, 16, 23, 30

OCTOBER CONCERT SERIES

5:00 - 7:00 PM | Woody's at CVAC
Complimentary
Spend Friday evenings at Woody's with live music throughout October. The Fred McCarty Duo kicks things off during Fall Fest on October 2, followed by a Member Jam Session on October 9, Casey Frazier on October 16, Alison Sharino on October 23, and Frank Weckerle on October 30. Members interested in joining the October 9 jam session can email Mary@CVACLife.com.

OCTOBER 6, 13, 20, 27

TACO TUESDAY

4:30 - 7:00 PM | Woody's at CVAC | \$24/Person
Settle in at Woody's every Tuesday in October for tacos and a relaxing evening with friends at the Club.

STARTS OCTOBER 10

LES MILLS NEW RELEASE LAUNCH WEEK

Class Times Vary | Complimentary
Get ready for new music and new moves

as CVAC's Les Mills instructors launch the latest releases throughout the week.

OCTOBER 10 & 24

CVAC RUN CLUB: TURKEY TROT TRAINING

10:00 AM | *Meet in the CVAC Lobby*
Complimentary
Prepare for CVAC's Annual Turkey Trot with member Conrad Becker and fellow runners during two dedicated October training sessions.

SAT, OCTOBER 10

RELEASE & RESTORE: TRIGGER POINT RELEASE WORKSHOP

12:30 PM | *Fitness Studio | Complimentary*
Join Personal Trainer Steven DiMaggio to learn how targeted trigger point release can help relieve muscle tension, improve mobility, and support recovery. Steven will demonstrate hands-on techniques, and participants will have an opportunity to experience a brief trigger point release. Space is limited.

STARTING OCTOBER 12

FIT FOR FALL: VIRTUAL FITNESS CHALLENGE

Virtual | \$99/Person
Join a six-week virtual challenge with workouts, body composition scans, and weekly support.

STARTS OCTOBER 13

JUNIOR TENNIS PROGRAM: OCTOBER SESSION

October 13 - November 13 | *Tennis Courts*
See Website for Pricing & Options

CVAC's junior tennis pathway is designed to make the game fun while supporting skill development and growth at every age and stage.

WED, OCTOBER 14

MOBILE DETAILING POP-UP

8:00 AM - 1:00 PM | *Additional Parking Lot Near Kids' Club | \$75 - \$250*
Treat your car to a professional detail from Monterey Bay Auto Spa at CVAC as you work out in the gym or relax at Refuge.

WED, OCTOBER 14

HORMONE OPTIMIZATION & LONGEVITY

12:30 PM | *Fitness Studio | Complimentary*
Join Dr. Nesreen Khraisha for a Q&A on hormones, healthy aging, and longevity.

SUN, OCTOBER 18

ADULT & PEDIATRIC CPR/AED/ FIRST AID CERTIFICATION

11:00 AM - 2:30 PM | *Fitness Studio*
\$90 Members / \$100 Non-Members
Learn lifesaving CPR, AED, and first aid skills and earn a two-year certification. This class is led by Kimi Hori.

FRI, OCTOBER 30

KIDS' NIGHT: TRICK-OR-TREAT

5:00 - 8:00 PM | *Kids' Club | \$35/Child*
Kids can dress up, trick-or-treat around the Club, and enjoy pizza with friends. Ages 3+.

SAVE THE DATE

11/20—KIDS' NIGHT

11/26—ANNUAL TURKEY TROT

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.



FALL FEST

• Complimentary Entry / Food & Drink for Purchase •

FRIDAY
OCTOBER
2



Live Music • Line Dancing • Food & Drinks

BECOME A VENDOR

Contact Mary at
Mary@CVACLife.com



AT CVAC LOBBY

No Registration Required



OCTOBER CONCERT SERIES

ENJOY COZY WEATHER, MUSIC WITH FRIENDS
& GREAT FOOD ON THE WOODY'S AT CVAC DECK.

OCTOBER | 5-7 PM

OCT. 2 - THE FRED MCCARTY DUO (FALL FEST)

OCT. 9 - MEMBER JAM SESSION

OCT. 16 - CASEY FRAZIER

OCT. 23 - ALISON SHARINO

OCT. 30 - FRANK WECKERLE

TO JOIN THE MEMBER JAM SESSION, EMAIL MARY@CVACLIFE.COM



FRIDAY NIGHT LIGHTS

On the Pickleball Courts

Fridays starting October 2

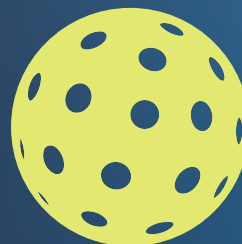
4:30-6:00 PM

Spend Friday evening under the lights with organized pickleball, rotating courts, and plenty of chances to mix in with other players. Round-robin play keeps things moving, the atmosphere stays social, and no partner is needed.

- Organized round-robin play
- Social court rotations
- No partner required

\$35 per member

\$45 per non-member



Register via the Member Portal



Taco Tuesday!

Every Tuesday | 4:30 - 7:00 PM

At Woody's at CVAC

\$24/Person



Les Mills *New Release* Launch!



STARTING OCTOBER 10

Get ready for new music and new moves in each Les Mills class. Join our fantastic Les Mills instructors for an incredible workout!



FIT FOR FALL

6-Week Virtual Program: Building Strength & Confidence to Feel Amazing

- Before & After Body Scans
- 3 Workouts a Week
- Nutrition Recommendations
- Weekly Motivation for Consistency

Starts October 12
\$99 per person



SCAN CODE
TO REGISTER





Hormone Optimization & Longevity

With Nesreen Khraisha, MD

*Internal Medicine and Infectious Disease specialist
Founder of RineeKMD Wellness & HRT*

Join us for a complimentary Q&A discussion on hormone health, aging well, and modern bioidentical therapy.

We'll Discuss:

-  How optimizing hormones protects lean muscle, bone density, and sleep.
-  Recognizing the early signs of perimenopause and male andropause.
-  The facts on modern, safe bioidentical hormone



12:30 PM Oct. 14



FITNESS STUDIO

**COMPLIMENTARY
HEALTH
TALK**

REGISTER VIA MEMBER PORTAL | REGISTRATION ENDS 10/12



ADULT & PEDIATRIC CPR/AED/FIRST AID CERTIFICATION

Learn skills for handling emergencies. Ages 13+.

SUNDAY, OCT. 18
10:00 AM - 2:00 PM
\$90/Member
\$100/Non-Member

What You'll Learn

- ➡ Guided practice
- ➡ CPR/AED training
- ➡ & More



**REGISTER VIA
THE MEMBER PORTAL**

Space is limited to 12 participants



KIDS' NIGHT

Trick-or

-Treat



5-8 PM | OCTOBER 30
AT KIDS' CLUB
\$35/CHILD

Kids will dress up in costume and trick-or-treat
around the Club. Pizza will be provided.
Ages 3+.

REGISTER THROUGH THE MEMBER PORTAL

Please Register by October 27