

Elevate Your Routine—Join The CVACLife.



**HEATED 25-METER POOL CARDIO & WEIGHT DECK TWO-STORY FITNESS CENTER GROUP EXERCISE CLASSES
LIGHTED TENNIS & PICKLEBALL COURTS WOODY'S AT CVAC SOCIAL EVENTS & MORE**

(831) 620-7362

27300 Rancho San Carlos Rd, Carmel-By-The-Sea, CA 93923

www.CVACLife.com



Let's start YOUR CVACLife today!

Where do you want to begin? Complimentary Tennis, Pickleball, Junior Tennis Lessons, Personal Training, Pilates Reformer, or Child Care included when you join before June 30, 2025. Call (831) 620-7362 for details or visit CVACLife.com/Join.



TENNIS

Whether you're refining your backhand or picking up a racket for the first time, our tennis program offers personalized coaching on beautiful, lighted, outdoor courts.

PICKLEBALL

Experience the fastest-growing sport in America right here at CVAC. Our pickleball clinics are perfect for all skill levels, combining fun, fitness, and friendly competition.



JUNIOR TENNIS & KIDS' CLUB

Our Junior Tennis clinics build coordination and confidence through fun, skill-based play, while Kids' Club sparks creativity with themed events, featuring crafts and activities.

PERSONAL TRAINING

Achieve your fitness goals with the guidance of our certified personal trainers. Tailored workouts and expert advice ensure every session moves you closer to your next personal best.



PILATES

Enhance your strength, flexibility, and mind-body connection through our Pilates sessions. Led by experienced instructors, each class is a journey towards balance and well-being.