

*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](http://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](http://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.