

March 2026

FITNESS & TENNIS SCHEDULE



MEADOWOOD
Napa Valley

SUNDAY

1
11:30 AM Barre (Ericka)
11:30 AM Junior Power Circuit Ages II-14 (Joel)
12:30 PM Core Burn & Deep Stretch (Ericka)

8
9:30 AM Tennis Live Ball 3.0^{††§} (Pros)
10:15 AM Barre (Ericka)
11 AM Tennis Live Ball 4.0^{††§} (Pros)
11:30 AM Core Burn & Deep Stretch (Ericka)
11:30 AM Junior Power Circuit Ages II-14 (Joel)

15
9 AM Guided Hike (Pinpin)
9:30 AM Tennis Live Ball 3.0^{††§} (Pros)
11 AM Tennis Live Ball 4.0^{††§} (Pros)
11:30 AM Junior Power Circuit Ages II-14 (Joel)

22
9:30 AM Tennis Live Ball 3.0^{††§} (Pros)
10:15 AM Barre (Ericka)
11 AM Tennis Live Ball 4.0^{††§} (Pros)
11:30 AM Core Burn & Deep Stretch (Ericka)
11:30 AM Junior Power Circuit Ages II-14 (Joel)

29
9:30 AM Tennis Live Ball 3.0^{††§} (Pros)
10:15 AM Barre (Ericka)
11 AM Tennis Live Ball 4.0^{††§} (Pros)
11:30 AM Core Burn & Deep Stretch (Ericka)
11:30 AM Junior Power Circuit Ages II-14 (Joel)

MONDAY

2
9:15 AM Cardio Weights (Kerry)
10:30 AM Aqua Fitness in the Cabana Pool (Andi)
4 PM Boxing (Joel)

9
9:15 AM Cardio Weights (Kerry)
10:30 AM Aqua Fitness in the Cabana Pool (Valerie)
12 PM Barre (Valerie)
4 PM Boxing (Joel)

16
9:15 AM Cardio Weights (Kerry)
10:30 AM Aqua Fitness in the Cabana Pool (Andi)
4 PM Boxing (Joel)

23
9:15 AM Cardio Weights (Kerry)
10:30 AM Aqua Fitness in the Cabana Pool (Andi)
4 PM Boxing (Joel)

30
9:15 AM Cardio Weights (Kerry)
10:30 AM Aqua Fitness in the Cabana Pool (Andi)
4 PM Boxing (Joel)

TUESDAY

3
6:45 AM Boot Camp (Joel)
9:15 AM Yoga Flow (Shalsei)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
10:15 AM Pilates (Denise)

10
6:45 AM Boot Camp (Joel)
9:15 AM Yoga Flow (Shalsei)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
10:30 AM Core Yoga Sculpt (Shalsei)

17
6:45 AM Boot Camp (Joel)
9:15 AM Yoga Flow (Shalsei)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
10:30 AM Pilates (Susan)
11:30 AM Breath and Balance (Susan, 30 minutes)

24
6:45 AM Boot Camp (Joel)
9:15 AM Yoga Flow (Shalsei)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
10:30 AM Pilates (Susan)

31
6:45 AM Boot Camp (Joel)
9:15 AM Yoga Flow (Shalsei)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
10:30 AM Pilates (Susan)
11:30 AM Breath and Balance (Susan, 30 minutes)

WEDNESDAY

4
8 AM Core Yoga (Maria)
9:15 AM Cardio Weights (Kerry)
10:30 AM Tai Chi (Pinpin)
4 PM Boxing (Joel)

11
8 AM Core Yoga (Maria)
10:30 AM Tai Chi (Pinpin)
4 PM Boxing (Joel)

18
8 AM Core Yoga (Maria)
9:15 AM Cardio Weights (Kerry)
10:30 AM Tai Chi (Pinpin)
4 PM Boxing (Joel)

25
8 AM Core Yoga (Maria)
9:15 AM Cardio Weights (Kerry)
4 PM Boxing (Joel)

THURSDAY

5
9:15 AM Circuit Training (Erin)
10 AM Aqua Fitness in the Cabana Pool (Andi)
10:30 AM Gentle Yoga (Katie)

12
9:15 AM Circuit Training (Erin)
10 AM Aqua Fitness in the Cabana Pool (Andi)
10:30 AM Gentle Yoga (Katie)

19
9:15 AM Circuit Training (Erin)
10 AM Aqua Fitness in the Cabana Pool (Andi)
10:30 AM Gentle Yoga (Katie)

26
9:15 AM Circuit Training (Erin)
10 AM Aqua Fitness in the Cabana Pool (Andi)
10:30 AM Gentle Yoga (Katie)

FRIDAY

6
6:45 AM Boot Camp (Joel)
8:30 AM Mobility and Stretch (Denise, 45 minutes)
9:15 AM Pilates (Denise)
9:30 AM Tennis Live Ball 3.0^{††§} (Pros)
12 PM Power Yoga (Jodi)

13
6:45 AM Boot Camp (Joel)
8:30 AM Mobility and Stretch (Denise, 45 minutes)
9:15 AM Pilates (Susan)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
12 PM Power Yoga (Shalsei)

20
6:45 AM Boot Camp (Joel)
8:30 AM Mobility and Stretch (Denise, 45 minutes)
9:15 AM Pilates (Denise)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
10:30 AM Love Your Feet Workshop[§] (Denise)
12 PM Power Yoga (Jodi)

27
6:45 AM Boot Camp (Joel)
8:30 AM Mobility and Stretch (Denise, 45 minutes)
9:15 AM Pilates (Denise)
9:30 AM Tennis Live Ball 3.0^{††§} (Tennis Pros)
12 PM Power Yoga (Jodi)

SATURDAY

7
7:30 AM Boxing (Joel)
8:45 AM Yoga Sculpt (Valerie)
10 AM Aqua Flow in the Cabana Pool (Valerie)
10:15 AM Barre (Ericka)
11:30 AM Core Burn & Deep Stretch (Ericka)

14
7:30 AM Boxing (Joel)
8:45 AM Yoga Sculpt (Valerie)
10 AM Aqua Fitness in the Cabana Pool (Andi)
10:15 AM Barre (Valerie)
11:30 AM Stretch and Release Foam Roll (Valerie, 30 minutes)

21
7:30 AM Boxing (Joel)
8:45 AM Yoga Sculpt (Valerie)
10 AM Aqua Flow in the Cabana Pool (Valerie)
10:15 AM Barre (Ericka)
11:30 AM Core Burn & Deep Stretch (Ericka)

28
7:30 AM Boxing (Joel)
8:45 AM Yoga Sculpt (Valerie)
10 AM Aqua Flow in the Cabana Pool (Valerie)
10:15 AM Barre (Ericka)
11:30 AM Core Burn & Deep Stretch (Ericka)

“Mindset is what separates the best from the best.” —UNKNOWN

Classes and times are subject to change

* *Weather permitting*

** *Sign-up required*

§ *Fee required*

† *Requires sign-up at least 24 hrs. in advance*