

May 2026

FITNESS & TENNIS SCHEDULE



MEADOWOOD
Napa Valley

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>26</p> <p>9 AM Tennis Live Ball 3.0^{†††} (Pros) 10:15 AM Barre (Ericka) 10:30 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)</p>	<p>27</p> <p>9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)</p>	<p>28</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Power Yoga (Calie) 10:30 AM Pilates (Denise)</p>	<p>29</p> <p>8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)</p>	<p>30</p> <p>8 AM Yoga Flow (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)</p>	<p>1</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Pros) 9:15 AM Pilates (Jodi) 12 PM Power Yoga (Jodi)</p> <p>Studio closed for private event from 1:30-4:45 p.m.</p>	<p>2</p> <p>7:30 AM Boxing (Joel) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11 AM Labyrinth Meditation (Suzanne) 11:30 AM Core Burn & Deep Stretch (Ericka)</p>
<p>3</p> <p>9 AM Tennis Live Ball 3.0^{†††} (Pros) 10:15 AM Barre (Ericka) 10:30 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)</p>	<p>4</p> <p>9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Valerie) 10:30 AM Barre (Valerie)</p>	<p>5</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Barre (Ericka)</p>	<p>6</p> <p>8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Erin) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)</p>	<p>7</p> <p>8 AM Yoga Flow (Calie) 9:15 AM Circuit Training (Erin) 9 AM Aqua Fitness in the Cabana Pool (Andi)</p>	<p>8</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Core Burn & Deep Stretch (Ericka) 12 PM Power Yoga (Jodi)</p>	<p>9</p> <p>8 AM Yoga Flow (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel)</p>
<p>10</p> <p>9 AM Tennis Live Ball 3.0^{†††} (Pros) 9 AM Hike and Stretch (Pinpin) 10:30 AM Tennis Live Ball 4.0^{†††} (Pros) 10:30 AM Functional Fitness (Joel) 11:30 AM Junior Power Circuit Ages II-14 (Joel)</p>	<p>11</p> <p>9 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Boxing (Joel)</p>	<p>12</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)</p>	<p>13</p> <p>8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)</p>	<p>14</p> <p>8 AM Yoga Flow (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)</p>	<p>15</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Power Yoga (Jodi)</p>	<p>16</p> <p>9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel)</p>
<p>17</p> <p>9 AM Tennis Live Ball 3.0^{†††} (Pros) 10:15 AM Barre (Valerie) 10:30 AM Tennis Live Ball 4.0^{†††} (Pros) 11:30 AM Core Burn & Deep Stretch (Valerie) 11:30 AM Junior Power Circuit Ages II-14 (Joel)</p>	<p>18</p> <p>9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)</p>	<p>19</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)</p>	<p>20</p> <p>8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Valerie) 11:30 AM Barre (Valerie) 4 PM Boxing (Joel)</p>	<p>21</p> <p>8 AM Yoga Flow (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)</p>	<p>22</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Pilates (Denise)</p>	<p>23</p> <p>8 AM Yoga Flow (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel)</p>
<p>24</p> <p>9 AM Tennis Live Ball 3.0^{†††} (Pros) 10:15 AM Barre (Ericka) 10:30 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)</p>	<p>25</p> <p>9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)</p>	<p>26</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)</p>	<p>27</p> <p>8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)</p>	<p>28</p> <p>8 AM Yoga Flow (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)</p>	<p>29</p> <p>6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{†††} (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Power Yoga (Jodi)</p>	<p>30</p> <p>7:30 AM Boxing (Joel) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)</p>
<p>31</p> <p>9 AM Tennis Live Ball 3.0^{†††} (Pros) 10:15 AM Barre (Ericka) 10:30 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)</p>						

"The secret of getting ahead is getting started." —MARK TWAIN

Classes and times are subject to change

* *Weather permitting*

** *Sign-up required*

§ *Fee required*

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