

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