

June 2026

FITNESS & TENNIS SCHEDULE



MEADOWOOD
Napa Valley

SUNDAY

31
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)

7
9 AM Tennis Live Ball 3.0^{**†} (Pros)
9 AM Guided Hike (Pinpin)
10:15 AM Barre (Ericka)
10:30 AM Tennis Live Ball 4.0^{**†} (Pros)
11:30 AM Core Burn & Deep Stretch (Ericka)

14
9 AM Tennis Live Ball 3.0^{**†} (Pros)
9 AM Guided Hike (Joel)
10:15 AM Barre (Ericka)
10:30 AM Tennis Live Ball 4.0^{**†} (Pros)
11:30 AM Core Burn & Deep Stretch (Ericka)

21
9 AM Tennis Live Ball 3.0^{**†} (Pros)
9 AM Guided Hike (Pinpin)
10:15 AM Barre (Ericka)
10:30 AM Tennis Live Ball 4.0^{**†} (Pros)
11:30 AM Core Burn & Deep Stretch (Ericka)

28
9 AM Tennis Live Ball 3.0^{**†} (Pros)
9 AM Guided Hike (Joel)
10:15 AM Barre (Ericka)
10:30 AM Tennis Live Ball 4.0^{**†} (Pros)
11:30 AM Core Burn & Deep Stretch (Ericka)

MONDAY

1
7:45 AM Yoga Sculpt (Valerie)
9 AM Aqua Flow in the Cabana Pool (Valerie)
9:15 AM Cardio Weights (Kerry)
10:15 AM Barre (Ericka)
4 PM Boxing (Joel)

8
7:45 AM Yoga Sculpt (Valerie)
9 AM Aqua Flow in the Cabana Pool (Valerie)
9:15 AM Cardio Weights (Kerry)
10:30 AM Barre (Ericka)
4 PM Boxing (Joel)

15
7:45 AM Yoga Sculpt (Valerie)
9 AM Aqua Flow in the Cabana Pool (Valerie)
9:15 AM Full Body Fitness (Ericka)
10:30 AM Barre (Ericka)
4 PM Boxing (Joel)

22
7:45 AM Yoga Sculpt (Valerie)
9 AM Aqua Flow in the Cabana Pool (Valerie)
9:15 AM Cardio Weights (Kerry)
10:30 AM Barre (Ericka)
4 PM Boxing (Joel)

29
7:45 AM Yoga Sculpt (Valerie)
9 AM Aqua Flow in the Cabana Pool (Valerie)
9:15 AM Cardio Weights (Kerry)
10:30 AM Barre (Ericka)
4 PM Boxing (Joel)

TUESDAY

2
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)

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

16
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)

23
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)

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

WEDNESDAY

3
8 AM Core Yoga (Maria)
9:15 AM Cardio Weights (Kerry)
10:30 AM Tai Chi (Pinpin)

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

17
8 AM Core Yoga (Maria)
9:15 AM Cardio Weights (Kerry)
10:30 AM Tai Chi (Pinpin)

24
8 AM Core Yoga (Maria)
9:15 AM Cardio Weights (Kerry)
10:30 AM Tai Chi (Pinpin)

THURSDAY

4
9 AM Aqua Fitness in the Cabana Pool (Andi)
9:15 AM Circuit Training (Erin)
10:30 AM Gentle Yoga (Katie)

11
9 AM Aqua Fitness in the Cabana Pool (Andi)
9:15 AM Circuit Training (Erin)
10:30 AM Gentle Yoga (Katie)

18
8 AM Labyrinth Hike (Pinpin)
9:15 AM Circuit Training (Erin)
10:30 AM Gentle Yoga (Katie)

25
8 AM Labyrinth and Meditation Hike (Suzanne)
9:15 AM Circuit Training (Erin)
10:30 AM Gentle Yoga (Katie)

FRIDAY

5
6:45 AM Boot Camp (Joel)
9 AM Tennis Live Ball 3.0^{**†} (Pros)
9:15 AM Pilates (Denise)
10:30 AM Mobility and Stretch (Denise)
12 PM Power Yoga (Jodi)

12
6:45 AM Boot Camp (Joel)
9 AM Tennis Live Ball 3.0^{**†} (Tennis Pros)
9:15 AM Pilates (Susan)
12 PM Power Yoga (Jodi)

19
6:45 AM Boot Camp (Joel)
9 AM Tennis Live Ball 3.0^{**†} (Tennis Pros)
9:15 AM Pilates (Denise)
10:30 AM Mobility and Stretch (Denise)

26
6:45 AM Boot Camp (Joel)
8 AM Meditation and Movement (Suzanne)
9 AM Tennis Live Ball 3.0^{**†} (Tennis Pros)
9:15 AM Pilates (Denise)
10:30 AM Mobility and Stretch (Denise)
12 PM Power Yoga (Jodi)

SATURDAY

6
7:30 AM Boxing (Joel)
9 AM Aqua Fitness in the Cabana Pool (Andi)
10:15 AM Barre (Ericka)
11:30 AM Core Burn & Deep Stretch (Ericka)

13
7:30 AM Boxing (Joel)
9 AM Aqua Fitness in the Cabana Pool (Andi)
10:15 AM Barre (Ericka)
11:30 AM Core Burn & Deep Stretch (Ericka)
8 PM Summer Sound Healing Float^{**†} (Gong Birds)

20
7:30 AM Boxing (Joel)
10:15 AM Barre (Ericka)
11:30 AM Core Burn & Deep Stretch (Ericka)

27
7:30 AM Boxing (Joel)
9 AM Aqua Fitness in the Cabana Pool (Andi)
10:15 AM Barre (Ericka)
11:30 AM Core Burn & Deep Stretch (Ericka)

Classes and times are subject to change

* Weather permitting

** Sign-up required

§ Fee required

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

“If you don’t like the road you’re walking, start paving another one.” —DOLLY PARTON