

# June 2026

## FITNESS & TENNIS SCHEDULE



MEADOWOOD  
Napa Valley

### SUNDAY

**31**  
9 AM Tennis Live Ball 3.0<sup>\*\*†</sup> (Pros)  
10:15 AM Barre (Ericka)  
10:30 AM Tennis Live Ball 4.0<sup>\*\*†</sup> (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<sup>\*\*†</sup> (Pros)  
9 AM Guided Hike (Pinpin)  
10:15 AM Barre (Ericka)  
10:30 AM Tennis Live Ball 4.0<sup>\*\*†</sup> (Pros)  
11:30 AM Core Burn & Deep Stretch (Ericka)

**14**  
9 AM Tennis Live Ball 3.0<sup>\*\*†</sup> (Pros)  
9 AM Guided Hike (Joel)  
10:15 AM Barre (Ericka)  
10:30 AM Tennis Live Ball 4.0<sup>\*\*†</sup> (Pros)  
11:30 AM Core Burn & Deep Stretch (Ericka)

**21**  
9 AM Tennis Live Ball 3.0<sup>\*\*†</sup> (Pros)  
9 AM Guided Hike (Pinpin)  
10:15 AM Barre (Ericka)  
10:30 AM Tennis Live Ball 4.0<sup>\*\*†</sup> (Pros)

**28**  
9 AM Tennis Live Ball 3.0<sup>\*\*†</sup> (Pros)  
9 AM Guided Hike (Joel)  
10:15 AM Barre (Ericka)  
10:30 AM Tennis Live Ball 4.0<sup>\*\*†</sup> (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)

### TUESDAY

**2**  
6:45 AM Boot Camp (Joel)  
9 AM Tennis Live Ball 3.0<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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)  
4 PM Boxing (Joel)

**17**  
8 AM Core Yoga (Maria)  
9:15 AM Cardio Weights (Kerry)  
10:30 AM Tai Chi (Pinpin)  
4 PM Boxing (Joel)

**24**  
8 AM Core Yoga (Maria)  
9:15 AM Cardio Weights (Kerry)  
10:30 AM Tai Chi (Pinpin)  
4 PM Boxing (Joel)

### 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<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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<sup>\*\*†</sup> (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*