November 2026
FITNESS & TENNIS SCHEDULE

MEADOWOOD
Napa Valley

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8 AM Circuit Training (Joel) 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 and Deep Stretch (Ericka)	**2** 8 AM Yoga Sculpt (Valerie) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	**3** 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Foam Roll & Stretch (Suzanne) 10:30 AM Movement & Meditation (Suzanne)	**4** 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	**5** 9 AM Tennis Drills Clinic*†$ (Pros) 9:15 AM Full Body Sculpt (Lily) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	**6** 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Pilates (Denise)	**7** 9 AM Tennis Live Ball 3.5*†$ (Pros) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
8 8 AM Circuit Training (Joel) 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 and Deep Stretch (Ericka)	**9** 8 AM Yoga Sculpt (Valerie) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	**10** 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Yoga Flow (Angela) 10:30 AM Pilates (Susan)	**11** 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	**12** 9 AM Tennis Drills Clinic*†$ (Pros) 9:15 AM Full Body Sculpt (Lily) 10 AM Aqua Fitness in the Cabana Pool (Lisa) 10:30 AM Gentle Yoga (Angela)	**13** 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Pilates (Denise)	**14** 8 AM Boxing (Joel) 8:30 AM Round-Robin Tennis Tournaments 3.0 & 3.5*†$ *(3 hrs.)* 10 AM Aqua Fitness: Cabana Pool (Lisa) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka) 1 PM Round-Robin Tennis Tournament 4.0*†$ *(3 hrs.)*
15 8 AM Circuit Training (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 10:15AM Barre (Ericka) 10:30 AM Tennis Live Ball 4.0*†$ (Pros) 11:30 AM Core Burn and Deep Stretch (Ericka)	**16** 8 AM Yoga Sculpt (Valerie) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	**17** 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	**18** 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	**19** 9 AM Tennis Drills Clinic*†$ (Pros) 9:15 AM Full Body Sculpt (Lily) 10 AM Aqua Fitness in the Cabana Pool (Lisa) 10:30 AM Gentle Yoga (Katie)	**20** 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Pilates (Denise)	**21** 8 AM Boxing (Joel) 9 AM Tennis Live Ball 3.5*†$ (Pros) 10 AM Aqua Fitness in the Cabana Pool (Lisa) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
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29 8 AM Circuit Training (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 10:15AM Barre (Lily) 10:30 AM Tennis Live Ball 4.0*†$ (Pros) 11:30 AM Core Burn and Deep Stretch (Lily)	**30** 8 AM Yoga Sculpt (Angela) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Flow in the Cabana Pool (Lisa) 10:30 AM Barre (Lily) 4 PM Boxing (Joel)	**1** 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	**2** 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5*†$ (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Movement & Meditation (Suzanne) 4 PM Boxing (Joel)	**3** 9 AM Tennis Drills Clinic*†$ (Pros) 9:15 AM Full Body Sculpt (Lily) 10 AM Aqua Fitness in the Cabana Pool (Lisa) 10:30 AM Gentle Yoga (Katie)	**4** 6:45 AM Boot Camp (Joel) 9AM Tennis Live Ball 3.0*†$ (Pros) 9:15 AM Pilates (Denise)	**5** 8 AM Boxing (Joel) 9 AM Tennis Live Ball 3.5*†$ (Pros) 10 AM Aqua Fitness in the Cabana Pool (Lisa) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)

"The body achieves what the mind believes." —NAPOLEON HILL

Classes are 60 minutes, unless otherwise noted, and times are subject to change.

* *Weather permitting*

** *Sign-up required*

$ *Fee required*

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