

## Dear Valued CVC Member:

Its 2010!! A great new year full of change and excitement!!

Help us spread the word about the importance of exercise by bringing a friend to the fitness center. Through January 31<sup>st</sup>, there is no initial fee when anyone joins! Our center is a wonderful, supportive environment for individuals who have never exercised but are ready to start. With your encouragement and our facility, we can get them on track to a healthy lifestyle.

What about a change in your exercise program? Is it time to add weights to your exercise? Let us help you! Ask about our Personal Training program (individual or group sessions), meet with our Registered Dietician, get a relaxing Massage, participate in a Group Exercise class like Yoga or Pilates, join our new Boot Camp class, or try the Biometrics nutrition/exercise program. This is the time to rejuvenate your exercise program and celebrate your good health!

Thank you for your support of the CVC. We are here for you.

Deanna Xeros  
Director, CVC

**For more information on any of our programs visit our webpage:**

[www.texashealth.org/dallasfitness](http://www.texashealth.org/dallasfitness)

**HOLIDAY POTLUCKS – Bring your sweetheart or your friends (and a dish to share)!**

Valentines Potluck – Friday, Feb. 12<sup>th</sup>  
\*12pm in CVC Classroom

## SAVE A LIFE, LEARN CPR

CPR can make the difference between the life and death of a loved one. It can double or triple a cardiac arrest victim's chance of survival.

### CVC CPR Class Schedule:

#### **BLS for Healthcare Provider Renewal \* - \$40**

Jan. 7<sup>th</sup>, Feb. 4<sup>th</sup>, & March 4<sup>th</sup>  
8:30pm-12:00pm  
Feb. 23<sup>rd</sup> 5:30-9:00pm

#### **BLS for Healthcare Provider Initial\* - \$55**

Jan. 12<sup>th</sup> and 23<sup>rd</sup>  
Feb. 9<sup>th</sup> and 20<sup>th</sup>  
March 9<sup>th</sup> and 20<sup>th</sup>  
8:30am-1:00pm

#### **Family and Friends Pediatric CPR - \$30**

Jan. 12<sup>th</sup> and 26<sup>th</sup>  
Feb. 9<sup>th</sup>  
March 9<sup>th</sup> and 23<sup>rd</sup>  
6:00pm-8:30pm

#### **Family and Friends ADULT CPR - \$25**

February 18<sup>th</sup>  
9:00am-10:30am

#### **Heartsaver First Aid - \$50**

March 25<sup>th</sup>  
5:30pm-9:00pm

#### **Heartsaver AED \* - \$35**

Jan. 21<sup>st</sup> and March 18<sup>th</sup>  
8:30am-12:30pm

\*Includes 2 year certification  
To register call 1-800-477-3729

If you have further questions about any of the classes we offer or if you would be interested in having us hold classes specifically for your organization please call Cassie Rawson at 214-345-4687.

## FITNESS & WELLNESS

### NEW PROGRAM – FITNESS BOOT CAMP!!

Tues./Thurs. at 6pm or Mon./Wed. at 6pm  
Eight 45 minute classes for ONLY \$69!!  
(You do not have to be a CVC member to get started)

#### What to Expect:

Aerobic conditioning, and exercises such as push-ups, squats, lunges, plyometrics, and agility exercises. Not for the faint-hearted. Expect to be pushed out of your comfort zone!

### TAI CHI

#### Free Trial Classes

Tuesday, Jan. 19<sup>th</sup>, 9-10am (Studio 2)  
Thursday, Jan. 21<sup>st</sup>, 11-12pm (Studio 2)

The next 12-week session will begin on Tuesday, January 26<sup>th</sup>, 2010, and run through April 22<sup>nd</sup>, 2010

Sessions/Week	Member Rates	Non-member Rates
One	\$78	\$129
Two	\$115	\$192

### TOTAL BODY WELLNESS IN 6 WEEKS:

*Save \$100 on this great deal!!*

**Six** Personal Training sessions  
**Four** Physical Therapy sessions  
**Two** 30-minute massages  
**One** hour with Susan Rodder, Registered Dietician

\$560 for members/\$620 for non-members

For more information call:  
Rebecca LaBreche (214) 345-6329

### BODY BALANCE CLASS

To help improve balance and prevent falls, the CVC is now offering a new Body Balance class. Classes are open to members and non-members, and are held twice a week for 4 weeks.

Classes are T/TH 1:00 – 1:45 or 1:45 – 2:30  
Cost: \$99 for the month.

**For more information and to schedule your pre-class assessment, contact Allison Buchanan at 214-345-4683**

**CORE** - Sports Enhancement and Injury Reduction Program for student athletes. For more information contact Gerry Maness at 214-345-2842 or go to their website: [coreenhancement.com](http://coreenhancement.com)

## GROUP EXERCISE

For more information about any of our classes (Including Prenatal and MS/Parkinson's), call Marianna Clement at 214-345-4512.

*\*Please check bulletin boards and front desk for Group Exercise class schedule.*

### BETTER BREATHERS

The CVC's Better Breathers Club is meeting Wednesday, January 20th at 12 noon in the Phoenix classroom.

Taffy Harris, RN is speaking on the topic Pulmonary Medicines. Light snacks provided.

### HEALTH AND WELLNESS SEMINARS

Keep your eyes peeled for exciting seminars in 2010! February is Heart Month and March is Nutrition Month, so come and hear great speakers and receive invaluable information.

### SAVE LIDS TO SAVE LIVES®

For every pink lid you bring in, Yoplait® will donate 10 cents to the Susan G. Koman for the Cure®. Grab your friends, coworkers or family and get started today!

*Please place lids in the manila envelope located at the CVC Fitness Floor desk.*

## WELCOME!!

### NEW EMPLOYEES

**Camille Hudson** (PRN – Corporate Health)  
Camille holds a MS in HHPR and a BS in Kinesiology from Oklahoma City University. She has previous experience performing fitness evaluations and coordinating events for corporate employees.

We will also have 4 new interns starting in mid-January. Look for the following girls to be helping out all over the CVC:

**Rachelle Denzer** – Kinesiology Major TWU  
**Erica Howard** – Graduate Kinesiology Major UNT  
**Jessica Meisner** – Kinesiology Major TWU  
**Jennifer Mensah** – Kinesiology Major TWU

Please welcome Camille, Rachelle, Erica, Jessica and Jennifer to our extended wellness team!!