

Dear CVC Member:

We are off to a great start for 2010 and the CVC is eager to assist you in reaching your fitness goals. The CVC continues to grow each month with new members and patients and we want to continue to provide a high quality service to all members. We need your support in keeping our facility clean and safe by asking you to present your membership card at every visit, utilize our lockers to secure your valuables, become familiar with our fitness center floor and pool etiquette guidelines, and sharing with us your ideas for improvement.

We have some exciting new programs available to our members – Zumba (a Latin rhythmic dance class) and Boot Camp (high intensity core strengthening and agility drills). These are great classes to join, full of energy and fun!!!

Also, watch for our new member promotion in May – we would love to have your friends here with us and getting the benefits that you see every day!!!

We're glad you are a part of the CVC family!

Deanna B. Xeros
Director CVC

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

www.texashealth.org/dallasfitness

HOLIDAY POTLUCKS – Bring your friends!

Friday, July 2nd to celebrate Independence Day
*12pm in CVC Classroom

HOLIDAY CLOSURES

Monday, May 31 Closed for Memorial Day

Sunday, July 4 Closed for Independence Day

FITNESS & WELLNESS



Heroes aren't born. They're trained.

Each year an estimated 166,000 lives are claimed by Sudden Cardiac Arrest, an electronic malfunction that causes rapid and chaotic heart activity.

Only about 6 percent of out-of-hospital sudden cardiac arrest victims survive.

Less than 1/3 of cardiac arrest victims receive CPR. Effective CPR can DOUBLE or TRIPLE survival rates.

A recent AHA survey shows few Americans are confident they could actually perform CPR and use an AED to help save a life in an emergency cardiac situation.

*Sign-up and Learn to Save a Life TODAY!
Contact Cassie Rawson (214-345-4687) to get more information on taking CPR/AED and First Aid classes at the CVC. Online courses available too!*

H₂OPE is a fun, community outreach aquatic fitness program for children with special needs. H₂OPE provides an alternative recreational activity to help meet physical, cognitive, and psychosocial needs. Program will begin Sunday, June 6, 2010

NO INITIAL FEE – Tell your friends and neighbors, we are offering a *No Initial Fee Special* for everyone that joins between May 1-15, 2010. First month's dues are payable upon enrollment.

SPRING INTO FITNESS – Our next fitness challenge, "Spring into Fitness", runs from May 3 – 30. Look for registration and detail on bulletin boards throughout the facility.

FITNESS BOOT CAMP!!

Mon/Wed or Tues/Thurs at 6pm
& T/TH at 5pm starts in May
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, April 27th, 9-10am (Studio 2)
Thursday, April 29th, 11-12pm (Studio 2)

The next 12-week session will begin on May 4th and run through July 22nd, 2010. See rates below:

Sessions/Week	Member Rates	Non-member
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

Help improve balance and prevent falls. 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

MASSAGE THERAPY

Massage is an important part of a successful plan for health and healing! Your CVC Massage team is here 6 days a week by appointment and 1-hour on-call to meet your needs!

To schedule today call the CVC front desk at 214-345-4625!

Give Gift Certificates for Mother's Day May 9th!!
Good for all CVC services. Purchase at the front desk for any amount you wish!!

GROUP EXERCISE - NEW CLASSES and SCHEDULE CHANGES FOR SPRING!

Tired of the same old routine?? Try ZUMBA!
"Ditch the workout, Join the PARTY!"
Zumba Basic (Mon/Wed 6:15pm)
Zumba Gold (Wed. 9:15am)

Recently had a baby? **Mommy & Me** postpartum classes are back! Classes are Mon/Wed 10:30-11:30am

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

April - Lunch and Learn Presentation
"Understanding RA: The Impact and Management of Rheumatoid Arthritis"

Presented by Dr. Pooja Banerjee, M.D.
Thursday, April 22nd, 11:45am-1pm

*Please RSVP by April 20th to reserve your free lunch:
Call 1-800-442-6653 or email: yrouabah@arthritis.org

May - "Understanding and Controlling Blood Pressure"

Wednesday, May 12th at 12pm
Presented by Dr. Jack Spitzburg, M.D.

June - "Sun Safety and Skin Cancer"

Wednesday, June 9th at 12pm
Presented by Dr. Peter Hino, M.D.

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!