

Dear CVC Friends:

How exciting!! The cool weather has come, football season is in full swing, and so many of you are getting back into your workout routines. The holidays will be here shortly so now is the time to get into shape!!

The CVC always strives to provide you a facility that is safe and clean. We have plenty of wipes and anti-bacterial foam in our exercise areas to help keep our facility free of unwanted "bugs". With the flu season upon us, we ask for your help. Get your flu shot and use these items for your hands and on our equipment. Thank you for keeping the CVC clean!

Our members and patients are so important to us. We will continue to meet your needs and provide you the best in health and fitness.

Have a safe and happy holiday season,

Deanna Xeros
Director

For more information on any of our programs:
www.texashealth.org/dallasfitness

HOLIDAY CLOSINGS

November

Wed., Nov. 25th – close at 3pm

Thurs., Nov. 26th – closed for Thanksgiving Holiday

*No group exercise classes 11/27 or 11/28

December

Thurs., Dec. 24th – close at 3pm

Fri., Dec. 25th - Sun., Dec. 27th – closed for holidays

Thurs., Dec. 31st – close at 3pm

January

Fri., Jan. 1st – closed for New Years Day

*No group exercise classes on Sat., Jan. 2, 2010

OPEN WOUNDS

We ask for your cooperation by refraining to use the pool when you have an open wound or sore. An open wound is defined as broken skin that is typically bleeding or oozing and require use of a band-aid. Please do not enter pool if you are wearing band-aids. You may use the pool once your wound has healed.

If you have questions, feel free to ask pool staff.

HOLIDAY POTLUCKS

Halloween Potluck - Friday, Oct. 30th

Holiday Potluck – Friday, Dec. 18th

*12pm in CVC Classroom

GROUP EXERCISE – NEW CLASS!

Vinyasa Yoga on Fridays at 11:45am

Through flowing movements, Vinyasa Yoga incorporates strength, endurance, flexibility, balance, focus and serenity.

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

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

WELCOME!!

NEW EMPLOYEES

Please welcome our three newest employees:

Scott Normile – Physical Therapist

Phil Duvall – Certified Personal Trainer

Richard Conley –Exercise Tech

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 * - \$50

Oct. 8th, Nov. 12th, & Dec. 10th
8:30pm-12:00pm

BLS for Healthcare Provider Initial* - \$55

October 13th and 24th
November 10th and 21st
December 12th and 15th
8:30am-1:00pm

Family and Friends Pediatric CPR - \$30

October 6th and 27th
November 10th and 24th
December 15th
5:30-8:00pm

Heartsaver AED * - \$45

October 15th (5:30-8:30pm)
November 19th & December 17th
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.

TAI CHI

Free Trial Classes

Tuesday, Oct. 6th, 9-10am (Studio 2)

Thursday, Oct. 8th, 11-12pm (Studio 2)

There will be a one week break; and then the next 12-week session will begin on Tuesday, October 20, 2009, and run through January 7, 2010

Participants can choose to come either once or twice per week.

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

For more information, call 214-345-4512

H2OPE AQUATIC FITNESS

The H2OPE program has been a great success! H2OPE is a community outreach aquatic fitness program for children with special needs. H2OPE will continue to take place on Sundays **from 1pm to 3pm in the CVC Pool through October 26th.**

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 - New 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

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.



WEAR PINK EVERY FRIDAY IN OCTOBER TO SUPPORT BREAST CANCER AWARENESS!