

Dear CVC Member:

We are off to a great start for 2009 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.

Join the CVC Tip Top Shape program in April and win great prizes!! It's a great opportunity to change your exercise program and lose those extra pounds. Also, take advantage of our dietary and training services! Get in on the game at the fitness desk!

The CVC has so much to offer each member - great location, great friendships, great staff, clean facility, quality programs, and great service.

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

GO TO OUR NEW WEB ADDRESS for updated info and schedules:

TexasHealth.org/DallasFitness

Deanna B. Xeros
Director CVC



Sunday, April 12th for Easter
Monday, May 25th for Memorial Day
Saturday, July 4th for Independence Day

SPRING FITNESS CHALLENGE!

Get into TIP TOP SHAPE with our Spring Weight Loss Challenge. This is your chance to experience all that the CVC has to offer! To register for the challenge, pick up your packet and fill out your registration forms at the CVC Front Desk.

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.

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 or Leah Miles (214) 345-2839

H2OPE AQUATIC FITNESS

We are excited to welcome back our H2OPE program to the CVC! H2OPE is a community outreach aquatic fitness program for children with special needs. H2OPE provides exercise and recreational activity to help meet physical, cognitive and psychosocial needs. The emphasis is on providing a safe, fun, non-competitive and successful experience to help improve physical and mental health for children with special needs.

H2OPE will take place at on Sundays at from 1pm to 3pm beginning June 7th through October 25th in the CVC Pool.

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

April 9th, May 7th and June 11th
1:00pm-4:30pm

BLS for Healthcare Provider Initial* - \$55

April 14th and 25th
May 12th and 30th
June 9th and 27th
8:30am-1:00pm

Family and Friends Pediatric CPR - \$30

April 14th, May 12th and 26th
June 9th and 23rd
5:30-7:30pm

Heartsaver AED * - \$45

April 18th, May 14th, and June 18th
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.

HEALTH EDUCATION SEMINARS

April 29th – 7:30am and 5:00pm

New Treatments in Arthritis – Dr. John J. Cush

May – Time and Date TBA

Keeping You and Your Loved Ones Safe
Texas Health Security Services

June – Time and Date TBA

Aromatherapy and Relaxation Techniques –
Patricia Lee

Potluck Luncheons:

Member Incentive - Friday, April 24th

July 4th Party – Friday, June 26th

Bring a delicious dish and join us!

All luncheons are held at 12pm in the CVC Classroom

SWIM LESSONS at the CVC

Level 1/Beginner: Intro to swimming, becoming comfortable with floating, body position, and breathing.

Level 2/Intermediate: Participants must be able to swim at least one length of the pool. Learn breathing techniques and refinement of skills.

Each session will include 8 lessons and instruction in water safety. Lessons are 30 minutes in length. Class size is limited to a minimum of 2 participants and no more than 4.

ADULT Class Times: (Mondays & Wednesdays)

Level 1 – 4:30pm *Level 2* – 5:00pm

Sessions begin on the following dates:

April 6th

May 4th

June 8th

July 6th

CHILD Class Times: (Saturdays)

12pm – Up to 5 years 12:30pm 6+years

Session 2 begins June 13th and ends August 22nd.

COST: Members - \$75; Non-Members - \$100

GROUP EXERCISE

Did you know that we have classes for all ages and ability levels? Come and try one of our dynamic cardio classes, or a gentle and relaxing Yoga class. Don't think you're up to it? Try Chair Fit or Aquacise! For more information, call Marianna Clement at 214-345-4512.

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

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Free Trial Classes

Tuesday, April 7th, 9-10am (Studio 2)

Thursday, April 9th, 11-12pm (Studio 2)

The next 12-week session begins Tuesday, April 7th and ends on Thursday, June 25th.

Member and non-member rates are available for this 12-week class. Participants can choose to come either once or twice per week.

For more information, call 214-345-4512