NOW is the time to start working out smart.

Chocolate milk is best at helping to rebuild muscle.

Learn about the many benefits of water aerobics.

The Transformers: 23 Camelback Village members.
HAPPY NEW YEAR VILLAGE MEMBERS,

All of us at the Village would like to wish you a happy and healthy new year. We’d like to sincerely thank you for your continued support over the past year. We wouldn’t be the Village without great members like you. We hope you’ve had a fabulous holiday season and are ready to greet 2011 with high energy and a positive attitude.

The New Year is also a great time to start healthy habits with friends and family. As always, you will receive a free month of dues for every new member you refer. There’s never been a better time to bring your friends to the club to share in this great “Village” experience. Happy New Year to all of you.

Let’s make 2011 the best year ever.

Carol Nalevanko
President, DMB Sports Clubs

You may or may not know this, but every year the Village re-invests a significant amount of capital back into our clubs and spas. We have spent a lot of time budgeting our capital dollars to cover many areas of the clubs and spas. In 2011, we will be investing $1 million dollars in capital improvements across all facilities. Over $200,000 will be spent on new fitness and cardio equipment such as treadmills, step mills, strength equipment, spin bikes, ellipticals, recumbent and upright bikes and new fitness flooring. Beyond fitness equipment, we will be resurfacing tennis courts and wood floors, replacing carpet, adding more efficient lighting on some of our tennis courts, refurbishing some of our pool decks and surfaces and replacing furniture where needed. The goal of all of these improvements will be to preserve the high quality of our clubs and continue to be places of which our members can be proud.

Another focus in 2011 will be on energy management. We will be replacing all lighting at every Village with more energy efficient lights. This will result in significant savings in the near future.

Your Resort, Every Day

What a wonderful 2010 Halloween Open we had here. There were so many matches filled with all the great shots, skill and in some cases drama that kept everyone fully involved in the tournament whether playing or spectating. From the juniors right through to the unbelievable Open final where Rex Hendrick justified his higher world ranking in edging Josh Cardwell 3/1 everyone played in a competitive, fair manner. Really what squash is all about. I for one will be looking forward to next year that is for sure.

This year’s winners were as follows:

Junior
4.5
Chad Collins oor
Jim Franklin 3/2

2.5
Nancy Marshall oor
Rex Hendrick 3/1

3.0
Ramya Doss oor
Martin McDonald 3/1

4.0
Steve Debiase oor
Lee Knox 3/1

5.0
Simon Cardenas oor
Andrew Bell 3/2

5.5
Consolation
Bill Hildebrands oor
Alan Knobloch 3/1

Open Consolation
Steve Allwood oor
Brian Jack 3/1

Open
Rex Hendrick oor
Josh Cardwell 3/1

The first Ladies Squash Social played at DC Ranch on Thursday, November 18 was a huge success with 8 ladies playing 4 games each over a 2 hour period. The pace was fast and furious with a wide array of shots, many of which I haven’t seen before. When the last ball was hit and the points all tallied up it was again the guile and experience of the evergreen Nancy Marshall who took out Fiona (far left).

All in all a great advertisement for how much fun and fantastic workout you can have in the game of squash.
Village members have a full winter ahead of them with many running and triathlon races in the valley. After participating in the Tucson Marathon and Half Marathon on Dec 12, the Jingle Bell Triathlon held right here at the Gainey Village on Dec 26, the FF Change Marathon and Half Marathon is fast approaching on Jan 16, and the Sedona Marathon and Half Marathon is on Feb 13. Having a goal through the holiday season helps keep everyone motivated to workout during the cold dark months. Join one of our weekly runs or rides to keep you moving during the holiday and new year. Stop by the activities desks at any Village for a copy of our ride, run, and swim schedule or contact Abby at alforsberg@dbminc.com.

COMPETE Triathlon News

Congrats to all who raced Ironman Arizona—it was windy with scattered rain and even hail!!! You can see full results at www.ironmanlive.com or www.ironmanarizona.com.

Chris Brewer comes to the Verrado Village after serving as the Tennis Supervisor at the Surprise Tennis and Racquet Complex in Surprise, Ariz. While at SRRC the facility was named a USTA National Facility of the Year and RR Public Facility of the Year. From 2005—2008 he served as the Director of Tennis at Valley Oak Racquet Club in Red Bluff, CA. Chris is a USPTA P-1 certified professional and a PTR Certified Professional. He was recently named the PTR Certification Tester for Arizona and is a member of the Wilson Advisory Staff. He currently serves as the Director of Tennis at the Kiwanis Tennis Center in Tempe, Ariz. Before heading to Arizona, Chris spent five years in Kansas City, MO. where he served as Head Professional at Bally Racquet Club (TCA facility).

Verrado Village Sport & Health Club’s new Tennis Pro!

Chris Brewer
dursday-january-12-2011

Chris is looking forward to offering tennis programs such as free clinics on Saturdays and Cardio Tennis. Contact Amber Tang at the Village for tennis information.
Over 200 Zumba dancers filled the basketball court at Camelback Village for nearly 2 hours of non-stop movement.

COMPETE: Treadmill Challenge
Barb Faung, Peggy Powers, Jessica Taylor each completed the minimum of 23 WALKING miles in ten days, between Sept 20 – 30.

COMPETE Fall into Fitness Wellness Challenge
Participants had 9 weeks to lose more body fat than their fellow challengers—without losing any muscle. Verrado’s big winner is Lisa Clifton. She lost 6% body fat and gained 6½ pounds of lean muscle! Congrats to Lisa on a job well done! Lisa attributes her great results to following a healthy nutrition plan, one that included desserts...in moderation of course! She kept her body “guessing” by incorporating a variety of classes each week and adding regular strength training.

COMPETE: Turkeys on the Run
Turkeys on the Run, held the morning of Thanksgiving, at Verrado Village, was a huge success! Participants walked, ran, biked and played a game of football through the streets of Verrado. Participants then met up at the club for tasty holiday treats and raffle giveaways.

SPLASH: Swimming at the Village is a year round activity!
The pools are heated during the cooler months and the swim team action goes strong all year long! The Village offers programs for all ages and ability levels—from kids who just want to develop their skill and stay fit to those who want to compete at the highest levels.

November to Remember
Members were challenged to attend multiple classes on Nov 16 (ranging from Running Club to Kick Boxing to Mat Pilates to V60X to Yoga) Each participant was treated to snacks and gifts after each class.

Skeleton Crew
Both Shane and Kourtney rowed at least 31,000 meters between Oct 25 – 31.

Reindeer Games
Twenty-three days to complete 13 workouts—members battled the holiday bulge, receiving treats in their stockings for each day of workouts completed between Nov 26 and Dec 23. Through a random drawing of those who completed the 13 days, a gift basket of rounds of golf, wine, cheese, and other goodies was also awarded.

MOVE: Zumba Party in Pink
Yanette Mora, Nathalie Young, Tracy Anctil, Marissa Kline, Rafa Robles, Lindsey Flewelling, Lori Krimbill, Kristine Reich and Nely Gutierrez volunteered their time and energy to taking turns leading nearly 2 hours of Latin Pop dancing at the Party in Pink event at Camelback.

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Below, our very own tennis pro Brian Cheney accounts his involvement in the VonCramm Cup—where Brian represented the United States in Turkey!

It is Saturday evening the day before opening ceremonies and the draw for this year’s International Tennis Federation (ITF) World Team Championships. My division is Men’s 60 and over and it is called the Von Cramm Cup named after the famous German player Gottfried Van Cramm. The venue is back in Antalya, Turkey where it was held two years ago. The one difference this year is that play is at Club Ali Bey’s sister facility a few miles farther down the road in Manavgat. This facility is slightly larger in having more tennis courts (50) and being able to accommodate more guests. Again this time of the year is beautiful and similar to San Diego’s climate, just slightly drier so night time cools down more.

There are 23 team this year. The U.S. team is comprised of Larry Turville, Florida, Padge Bolton, Louisiana, playing captain Neal Newman from Ohio, and me. The regular tough teams are all here and with additions of a few new strong players such as Bruno from France and for us Larry. We will be seeded 2nd behind Spain who won last year in Perth, Australia. The format will again include a round robin with 4 to 6 sections. The winners from each section will go on to a “knock out” elimination draw to determine the final winner and runner up. 

Below Poland 3 – 0
South Africa 3 – 0
Switzerland 3 – 0
France 3 – 0
Spain 2 – 1
(Rematch of last year’s final)
Happy New Year!!! The holidays have come and gone, and we trust you and your family had a wonderful season of appreciation, celebration and joy. And now that the holidays are over, most likely you and everyone you know are getting back into an exercise routine.

Sometimes it’s not as easy as it seems, however a membership at The Village allows the best motivation, programs, trainers, classes and great people to start your new exercise regimen, or to dust off the old one, or to continue what you have been doing! While you tackle your healthy pursuits, please be mindful of these tips to make your workout more efficient and enjoyable:

1. Please surrender equipment between multiple sets if others are waiting—this means putting the weights down and stepping off the equipment if someone else is using the same equipment as you. This allows you the mini-break you need between sets, and you might even make a new friend!

2. Please wipe off all equipment after use—Throughout the weight room and cardio areas there are sanitary wipes provided (in the large silver containers), as well as spray bottles which contain anti-bacteria spray. Cleaning the equipment keeps the equipment nice and prolongs its life, as well as keeps everyone healthy and germ free!

3. Please wear appropriate workout gear when in the cardio and/or weight room areas—including the appropriate shoes (no open-toe)—appropriate attire and gear enables you to have the best workout you can without workout gear malfunctions or distractions.

4. Please do not allow weights to hang together—please lower the weights down with control. If you need help at the end of your sets please ask a coordinator or trainer for a spot.

5. Please strip all bars of weights and replace weights and dumbbells on the appropriate racks when finished—this ensures you will be able to find the weights you need when you use them, and that they will stay in good condition.

6. See the club’s fitness staff before starting an exercise program or if you have any questions, they are extensively trained, ready and willing to help you reach and exceed any fitness goal you may have.

Do you have a New Year’s Resolution?

If you’re like most of us, you probably have at least one resolution on your list (and, your resolution is probably related to health and fitness). In 2000 (according to GNC), 55 percent promised to eat healthier, 50 percent wanted to exercise more, and 38 percent wanted to lose weight.

While your resolution may be well-intentioned, unfortunately most people fail at keeping them for any length of time. With all the hype surrounding these promises, it’s easy to get caught up in them without really taking them seriously or really thinking about them and making resolutions that are right for you, and are attainable.

So, what’s the secret to successful resolutions? Simple: Make your goals “SMART” Goals.

1. SPECIFIC

Don’t just say you want to be healthier, or you want to exercise more. Sit down and think what “being healthier” really means for YOU! Is it related specifically to exercise, and the amount of time you spend doing it? Is it a specific goal you want to set on a cardio machine, and the level at which you would like to be exercising? Or is it also related to nutrition, and certain things you can/cannot eat? Set more specific targets like “work out 3 times per week” or “fast food only once per month.”

2. MEASURABLE

You can’t tell where you’re going unless you know where you’ve been. Have a trainer test your blood pressure, body fat, cardiovascular fitness, or anything else you want to improve so you have a baseline of where you are starting. If you do this first, it may help you decide what your goals should be, and can help give you the motivation you need to be serious about your health and fitness.

3. ACHIEVABLE

Don’t set yourself up for failure by making unrealistic goals. Rather than one BIG end goal, dissect it into smaller, attainable pieces of the greater whole. Setting several smaller goals to achieve throughout the year will help you reach your ultimate goal, and will also give you the feeling of mini success along the way. Then even if you aren’t able to completely reach your final end goal, you will have many smaller, but still significant, achievements to look upon.

4. REALISTIC

Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible. Write down a bunch of realistic things you can do throughout the week to get physical activity into your schedule on a daily basis. Maybe its realistic for you to take a walk with your family after dinner for 30 minutes three times a week.

5. TRAINABLE

Only set goals for yourself that are within your “circle of control.” You can’t pick your parents (you’re stuck with the genes they gave you). Create a workout program that incorporates your goals. If you need help, get professional assistance. Research has shown that the use of a certified personal trainers greatly improves people’s success rates. Why is this? Because it makes you accountable for something you said you were going to do, it gives you a 3rd party person who really wants you to succeed, and can help you along the way to make sure you do everything that is right for YOU to achieve your goals.

For more information, or to find the personal trainer that’s right for you, contact the Fitness Department, at your Village Club! The Village training staff is very extremely educated and certified. DC Ranch 480.502.8844, Gainey 480.605.8939, Camelback 602.840.6412, Verrado 623.215.6508
New Happenings

At the Spas at the Village!

There really is a difference!

Our focus at the Spas at the Village has been to provide Club members and Spa guests with a high quality, results oriented, value packed spa experience. This back to basics, simple approach is really starting to get some attention. Here are just a few of the differences you can find when you make an appointment at our facilities:

Did you know the average service provider at the Spa at Gainey, Camelback or DC Ranch Village has been licensed in their field for more than a dozen years? Our team of practitioners are always honing their skills with continued educational opportunities provided by the Village and our vendor partners. From clinical services to energy work, our team has the freedom to create specialized experiences unlike any others offered in the valley. And did you know our Gainey Spa is one of the largest club Spas in the country?

Most of our technicians have worked in high-end resort spas or salons at some point in their career, but prefer the connection that can be made with members and the real wellness results that can be achieved with a less transient clientele. If you see a new face or two, you can bet that they have the skills and the experience that it takes to be a Village Service Provider.

We perform an average of seven hundred nail treatments a month. Our signature pedicures have been “borrowed” by salons and resort spas from around the country. With an unmatched hands-on approach that doesn’t include jacuzzi style soaks we provide the cleanest, most sanitary nail service possible.

We utilize some of the highest quality products on the market. Jan Marini, Eminence and PCA are product lines featured in some of the world’s most renowned Spas. Our approach to service allows you to experience the real results these products offer with the best possible price points.

The Gainey Spa has recently worked with Alchemist Katie Hess to create our cutting edge flower essences, Natalie Hadju, founder and President of Herbstop for our seasonal organic treatments and wellness teas and Uli Boeker who created our exclusive Apres Sport Massage product line specifically for the Village. Partnering with these nationally known experts is allowing us to offer the most advanced organic treatments in the market.

It is hoped as you visit or re-visit our Spas in the New Year, our continued efforts to achieve the finest spa experience available are apparent from the moment you make your reservation to the time you check-out.

Come and have your skin evaluated to get it on track to receive optimal results. With our expertise and top-of-the-line skin care products, your skin will be in the best shape of its life—without drastic procedures! And we will help you keep it there!

Our estheticians can help you with any skin concern you may have: Anti-aging, Deep Hydration, Fine Lines, Rosacea, Acne, Cellular Regeneration

Verrado’s Spa Specials

January

Get a free polish change when you purchase a pedicure.
Get a 90 minute massage when you purchase a one hour massage.

February

Spa Gift Cards for Valentines Day
Gift card comes with silk rose.

March

Get your toes ready for the pool AND receive a free gift with purchase of a pedicure.

You Hire an Expert!

You hire an accountant to do your taxes, a landscaper to maintain your property, a mechanic to maintain your vehicle, and a personal trainer to help you to optimal fitness— it’s time to hire an esthetician to maintain and achieve beautiful skin!

Our skin is the largest organ of the body and reflects our health and how we take care of ourselves. Are you taking care of yours? What is your skin saying about your health? Visit the Village Spa, which are conveniently located in the club, and talk to our estheticians—they are the experts in skin care and are the top estheticians in their field. With years of experience and extensive backgrounds in skin care and health practices, they are the best in taking care of your skin.

The Spas at the Village

The Spa at Gainey Village
480.609.6980

The Spa at Camelback Village
602.553.4017

The Spa at DC Ranch Village
480.515.5522

The Spa at Verrado Village
623.216.6500
Fat-free chocolate milk beat out carbohydrate sports drinks at helping to rebuild and refuel muscles after exercise, researchers report. The combination of carbohydrates and protein in low-fat chocolate milk appears to be “just right” for refueling weary muscles, says William Lunn, PhD, an exercise scientist at the University of Connecticut.

“It’s not just a dessert item, but it’s very healthy, especially for endurance athletes,” Lunn tells WebMD.

The research involved eight male runners in good physical shape who ate a balanced diet for two weeks. At the end of each week, they took a fast paced, 45-minute run.

Following each run, the men drank either 16 ounces of fat-free chocolate milk or 16 ounces of a carbohydrate-only sports beverage with the same number of calories.

Post-exercise muscle biopsies showed increased skeletal muscle protein synthesis—a sign that muscles were better able to rebuild—after the milk drink, compared with the carb-only beverage.

Additionally, drinking fat-free chocolate milk led to a higher concentration of glycogen, or muscle fuel, in muscles 30 and 60 minutes after exercise, compared with the sports drink. Replenishing glycogen after exercise helps future performance, Lunn says.

The findings were presented at the American College of Sports Medicine conference in Baltimore this week.

While only men were studied, one would expect women to gain the same post-workout benefits from chocolate milk, he says.

While the studies were small, there’s no reason not to reach for fat-free chocolate milk after your next workout, says sports nutritionist Nancy Clark, MS, RD, of Healthworks Fitness Center in Chestnut Hill, Mass.

“Athletes can consider it an inexpensive nutritional alternative to engineered sports beverages for help with post-workout recovery,” she tells WebMD.

The studies were supported by a grant from the National Dairy Council and National Fluid Milk Processor Promotion Board.

The event is also open to the young at heart who thrive on exercise challenges to reach their fitness goals, enjoy the excitement of escaping from “The Rock” while swimming under the Golden Gate Bridge, and having the experience of two amazing swims in one incredible weekend.

Participants can swim the 1.4 mile “Escape from the Rock,” which takes them from Alcatraz Island to San Francisco’s Aquatic Park inlet. There is also the 1.2 mile “Crossing the Great Gate” swim along the Golden Gate Bridge, or swimmers can do both.

Notable past participants include Olympic Gold Medalist Amy Van Dyken; author and nationally syndicated cartoonist Jef Mallett, and all around great guy Tom Clark (and DC Ranch’s Programs Director).

Funds raised support foundation programs including; Water Safety for Refugees, which works with refugee children to teach basic water survival skills and FAST Talkers, an educational outreach program for swimmers who have participated in the Swim F.A.S.T. swims, who go to Pre-K through 2nd grade class rooms and speak of their experiences.

“Swimming is an incredible sport with the benefits last a lifetime,” said F.A.S.T. Founder Joe Zemaitis, who is also the head coach of the Village swim teams. “Watching a child attack an ‘impossible goal,’ overcoming the obstacles and escaping their limitations is highly inspirational.

The swims last a weekend and the benefits last a lifetime.”

For those who want to take part in the swim but lack experience, a training program is available to get them ready. Several open water training events take place throughout the winter at Bartlett Lake to get everyone ready.

Joe Zemaitis offered this challenge to all Village triathletes: “Use this winter to work on and increase your swimming ability. Intensify your training program by doing these amazing swims and I guarantee every other swim you do during the triathlon season will seem easier!”

Full information available online at: www.thefastfoundation.org

by Charlene Laino, WebMD Health News. Reviewed by Laura J. Martin, MD. Article found on WebMD’s website, www.webmd.com
At The Village we offer aquatic (water) workouts 6 days a week (Mon – Sat) all year round! Our instructors teach a variety of movements in the shallow as well as certain deep water exercises. Water workouts can provide beneficial cardiovascular improvements as well as improvements in muscular endurance and flexibility without bearing all the weight of traditional land based exercise programs.

**Benefits of Water Aerobics**

- **Provides Buoyancy & Support**
  One of the major benefits of water aerobics is that it provides buoyancy and support for the body, making it less likely for the muscle, bone and joint to get injured. Water supports up to 80% of your weight, thereby causing less strain on the joints, back and torso, when compared to exercises performed on land.

- **Improve Cardiovascular Conditioning**
  Water aerobics exercises prove to be extremely beneficial in terms of cardiovascular conditioning. In such an exercise, the heart rate is maintained at a lower rate, when compared to cycling or running. The heart seems to work better when you indulge in water aerobics.

- **Quick Muscular Endurance**
  The high density of water, as compared to air, leads to increased resistance, thereby augmenting muscular endurance and tone. This means that water aerobics builds-up toned and endured muscle mass all around the body. Also, one tends to get quicker results exercising in the water, than on land.

- **Helps Keep Cool**
  The ‘cool’ quotient cannot be ruled out when we talk about the benefits of water aerobics. It is refreshing and lifts up the mood instantly. It keeps the body temperature constant throughout the exercise. Also, water keeps you cool and comfortable, even when the mercury is rising.

- **Improved Flexibility**
  The reduced effect of gravitational force in water leads to improved flexibility in the body. The joints can be easily moved through a wider range of motion, which makes water aerobics all the more beneficial as we age. Since there is no joint pain caused, you can perform the exercise without any kind of anxiety.

- **Burn Calories**
  We all know that exercising is the best way to get rid of those bulging fats and ever-increasing waistlines. However, do you know that water aerobics are more effective, as compared to land exercises? The former leads to a loss of about 450 to 700 calories per hour. So, if you want to shed those extra kilos, water aerobics can be extremely useful.

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Eight months ago, personal trainer Roger Cahill, B.S., ACE, sought to create a different kind of workout. He wanted to see what kind of synergy a fairly large and diverse group of people training together could generate. So he created what he calls the Transformation Experience. It’s a 10-week, five-days-a-week program designed to help participants develop consistent health habits and build relationships, while at the same time improving aerobic capacity, strength, balance, and flexibility.

“I see common frustrations among my clients about what it takes to eat right, be consistent, and stay motivated when they’re traveling or can’t get to the gym,” Roger says. “This program was an attempt at experimenting with ways to help people overcome their frustrations and help them find ways to achieve positive results in all aspects of their lives.”

Roger recruited participants from his one-on-one clients, brought in some new blood, and ended up with 23 people ready to see what would happen. “We had some people who were afraid, and some people who were really gung ho in the beginning,” Roger recalls of the group, which started on September 13, 2010. “The challenge for me was to get different personalities together and make sure everyone was progressing in the right way.”

To keep things interesting, Roger offered 14 different conditioning classes, threw occasional parties for the group, and brought in meditation and nutrition specialists. The results were impressive. 80% of the participants showed up 80% of the time, and Roger got great feedback from the group. “The response was really overwhelming,” he says. “When the group gave me an award at the end with little quotes from all of them on it, I knew I was doing the right thing. It was really a positive experience—I just didn’t expect everyone to be so bummed when it ended.”

For this edition of Member Spotlight, we talked with four of the participants to see how the experience transformed their lives—physically, mentally, emotionally, and even spiritually.
Transformation Experience Award Winners

Yvonne Stevens Mrs. Motivator
Alex Goldman Mr. Motivator
Warren Lueth Mr. Most Transformed
Brian Bellanger & Jennifer Smith

What did you all gain from the group aspect of the program? 

YVONNE: We all got a kick out of each other. The connection was really strong. Plus, there was a lot of hilarity that made the time fly by when we were working out. MELISSA: I really enjoyed the energy of being together and the friendships that I developed. I mean, who would have thought that a group of people I don’t know could be so fun by 7 in the morning? WARREN: Being in this group really gave me incentive to go every day. There was a kind of internal peer pressure to show up... And Mary’s right, everyone really encouraged each other—that’s the kind of group it was. Melissa ran stairs with me when I was tiring out. Alex let me keep up with him when we were running laps. It’s been an emotional experience that I wasn’t expecting at all.

What were your physical results like? 

WARRIOR: My main goal was functional fitness. At 53, I’m not really interested in having big, bulging biceps or anything like that, but I want to be lean, strong, and flexible so I can stay active. By the end of the program, I lost 23 pounds. After the diet coach talked to us, I decided to get serious about reducing portions and eating healthy. That’s when people really started to notice a change in me. YVONNE: I got in better shape because I worked out more than not every day. It was a huge confidence booster. MELISSA: My running regimen was pretty intense, but I rarely felt sure because we used a variety of equipment and did different things each day. I began running for the first time in my life a couple of months after I started training with Roger. Training with him built the endurance I needed to run. And now I’m training for the Rock ‘n Roll Las Vegas Marathon. It’s my first real race... I’m living proof that you can start something new at any age and achieve miraculous things if you’re disciplined, motivated, and give it your all... with a little encouragement. MELISSA: Roger really knew how to put us right at our edge and the results were great. My aerobic capacity is better. My skin looks better. I learned how to change my diet. The program really motivated me to kick it up, and the structure of going to the gym five days a week by 6:00 a.m. made me realize that the excuses people use to avoid taking care of themselves are really damaging. MARY: Roger absolutely has a natural way of knowing how to push you to get results but not hate you, and that made us so much better. WARREN: It was a huge confidence booster. I think I really like this! Every day, he told me “You’re getting stronger and stronger.” No matter what. And it just kind of got programmed in until I started really believing it. YVONNE: It was a bit intimidating at first, but after a few weeks we all started to warm up to each other. After the halfway point, it was like we were all best friends.

What did you all gain from the group aspect of the program? 

MARY: We all got a kick out of each other. The connection was really strong. Plus, there was a lot of hilarity that made the time fly by when we were working out. MELISSA: I really enjoyed the energy of being together and the friendships that I developed. I mean, who would have thought that a group of people I don’t know could be so fun by 7 in the morning? WARREN: Being in this group really gave me incentive to go every day. There was a kind of internal peer pressure to show up... And Mary’s right, everyone really encouraged each other—that’s the kind of group it was. Melissa ran stairs with me when I was tiring out. Alex let me keep up with him when we were running laps. It’s been an emotional experience that I wasn’t expecting at all.

What were your physical results like? 

WARRIOR: My main goal was functional fitness. At 53, I’m not really interested in having big, bulging biceps or anything like that, but I want to be lean, strong, and flexible so I can stay active. By the end of the program, I lost 23 pounds. After the diet coach talked to us, I decided to get serious about reducing portions and eating healthy. That’s when people really started to notice a change in me. YVONNE: I got in better shape because I worked out more than not every day. It was a huge confidence booster. MELISSA: My running regimen was pretty intense, but I rarely felt sure because we used a variety of equipment and did different things each day. I began running for the first time in my life a couple of months after I started training with Roger. Training with him built the endurance I needed to run. And now I’m training for the Rock ‘n Roll Las Vegas Marathon. It’s my first real race... I’m living proof that you can start something new at any age and achieve miraculous things if you’re disciplined, motivated, and give it your all... with a little encouragement. MELISSA: Roger really knew how to put us right at our edge and the results were great. My aerobic capacity is better. My skin looks better. I learned how to change my diet. The program really motivated me to kick it up, and the structure of going to the gym five days a week by 6:00 a.m. made me realize that the excuses people use to avoid taking care of themselves are really damaging. MARY: Roger absolutely has a natural way of knowing how to push you to get results but not hate you, and that made us so much better. WARREN: It was a huge confidence booster. I think I really like this! Every day, he told me “You’re getting stronger and stronger.” No matter what. And it just kind of got programmed in until I started really believing it. YVONNE: It was a bit intimidating at first, but after a few weeks we all started to warm up to each other. After the halfway point, it was like we were all best friends.
**Focus on Members**

**Tweens take a leading role at the Camelback Village.**

Jr. Certification for tweens has evolved to an on-going youth program that involves extensive training, community service, and social events at the Village on Camelback.

Lia Pulver, the Camelback Fitness Director, along with her Fitness Concierge’s, Cesar Flores and Brooke Peyman, developed a four hour Jr. Certification training that goes beyond a simple tour and boundaries. Parents are required to participate in the first 20 minutes of the training so that everyone knows the expectations and responsibilities of all involved. The training also covers proper use of fitness equipment; rules on how to play racquetball, squash, ping pong, and basketball; and proper etiquette while in the facility.

Recently Jr. Certified youth participated in designing, constructing, and working a Haunted House for the yearly family event, The Great Pumpkin. They will also have the opportunity to become Jr. Counselors in the camps during school breaks. Jr. Counselors will get specialized training including CPR/First Aid, career and scholarship building, how to work with young children, and more.

The program continues to grow through social events including a Village Vegabonds night just for Jr. Certified youth. The first night is Friday, Jan 28. The night will include music, games, karaoke, and pizza!

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**Fall 2010 Photos**

To have your Village Club event photo considered for the Focus on Members section next issue, please email it, with a short caption, to jwolff@dmbclubs.com.

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**Yoga**

*Sadhana, in the Sanskrit language, means to be on the path... are you ready to embark on a deeper journey on your yogic path? Yasa Yoga 200 Hour Teacher Training Program will provide you with a strong foundation to deepen your knowledge of yoga and take your teaching skills to the next level.*

Over the course of 10 weeks, you will immerse yourself in the ancient history of yoga, learn the Sanskrit language and philosophy of yoga, while building deep roots in this 6000-year-old practice. With a balance of sthira (steadiness) and sukham (ease), the Yasa Yoga curriculum is rich in history and philosophy, enabling the opportunity to deepen not just the asana (the physical practice of yoga), but also the spiritual practice. Using the Yoga Sutras as a guide, you will explore the meaning of truly being on the path. There is no time like the present to dig your roots deep and deepen your yoga practice. Enroll today! REGISTER TODAY!

2011 Spring Program Dates:
Jan 3 - Feb 12, 2011

Location:
Gainey Village Health Club

Cost:
$3000 Members
$3500 Non-Members

$500 deposit is required to reserve your spot

$500 off tuition if paid in by Dec 13
www.yasayoga.com
805.455.7589
BASKETBALL

- Weekly Wednesday Morning Hikes
- Open Pick-up Basketball
- Member event at Suns/Portland
- Silver Sneakers
- 3-on-3 Open Pick-Up
- Vlife

FITNESS CHALLENGES

- Great Leap Challenge JAN 17 - MAR 20
- Comprehensive Body Composition, before and after photos, testing, one group PT session with a Certified Trainer, weekly lectures on varying topics, weekly team challenges, team leader to keep you motivated, weekly workout suggestions and a cash prize for the person who loses the most body fat without losing muscle.

COMMUNITY

- Blood Drives JAN 10; MAR 22
- Give Blood and Save a Life! Contact Tom Clark at TCLark@dmbclubs.com
- Member event at Suns/Portland
- Tailgaters game day at the Tastes & Taps includes the “Ring of Honor” suite, complimentary food andraf prices. Limited to 60. Contact Buteraugh at jbuterbaugh@dmbclubs.com
- Kama Climb (Hindu God of Love) Step Challenge

HUNTING

- Bell Pass to Thompson Peak JAN 11
- Twelve plus miles advanced hiking in the Mogollon Mountains.
- Contact Shelly McGaun at 480.640.9125

GROUP EXERCISE

- Introduction Workshop for Flamenco JAN 15, 7-8 PM Contact Linda Hertzberg at 602.555.4292
- Spin with Diane MON/ WED/ FRI 7:30 AM Come a little early if it’s your first time. If you’ve never been to a spin class and you’re terrified at the thought...now is the time to give it a try. A great, non-impact calorie-burning, bodytoning exercise.
- Gymbal Express 8:30 AM Cardio class incorporating all muscle groups and an increased heart rate. Come for the half hour of cardio or half cardio and half weights, or stay for the entire 1½. Get ready for the weekend fun, guilt free.
- Silver Sneakers JAN 15 A gentle approach to strength conditioning for older adults, pre post nasal and injury recovery.
- Cardio Mix UP MID Jan 11 - Everything but the kitchen sink is thrown into this fun class.

Village Valentines Dinner Package

- Julie’s cardio express & cardio muscle with Coach Gainey
- Every Day Heroes Day Camp
- Parents Nights Out
- Yoga with Stephanie
- Belly Dance
- Greatest Loser Challenge
- Dance Lessons
- Happy Hour at Blue 32 Sports Grill
- Health Screening

D e s c r i p t i o n:
- Mountain Bike Challenge
- 6-mile intermediate hike
- 10-mile expert hike
- About 30 years. Jim specializes in foil and sabre, and is a former Rocky Mountain Sectional Champion. Get a terrific workout—lengthen and strengthen your muscles while having fun. Fencers of all ages are invited to try the sport by contacting Jim at seamusglas@netzero.net.
- Cycle For Survival
- GBV: Hike in the Mogollon Mountains:
- Bell Pass to Thompson Peak Jan 11 Twelve plus miles advanced hiking in the Mogollon Mountains.

Village Valentines Dinner Package

- DartFishing Lessons
- Cycle For Survival
- Ethnicity
- First Fridays in the Park
- Fitness Challenges
- Great Leap Challenge
- HIking
- Hunting
- Group Exercise
options available. $5 – $35 per week depending on membership, camps, and lunch options.

**Kids Yoga & Fitness** JAN 11 – MAR 14, AGES 3 – 9; WED 10 – 11:30 AM. Tues 11:30 – 12:30 PM. Fee: $25 per child; Single/Couple Membership, $40 per child.

**Lifesport Sports** JAN 4 – Feb 19, 10 – 11:15 AM; AGES 5 – 6. 11:15 – 12:15 PM. Fee: $45 per child; Single/Couple Membership, $80 per child.

**Junior Basketball Clinic** JAN 5, AGES 7 – 10. 10:15 AM – 11:45 AM. Fee: $20 per child; Single/Couple Membership, $30 per child.

**Master Swim** JAN 11 – MAR 15, Tues 5:30 PM – 6:30 PM. Fee: $75 per child; Single/Couple Membership, $125 per couple.

**Junior Basketball** JAN 5, AGES 7 – 8 and 8 – 9. Fee: $20 per child; Single/Couple Membership, $30 per couple.

**Basketball League** JAN 10 – MAR 12, PRACTICE WED, THURS OR FRI 4 – 5 PM. SEMI-FINALS SAT 11 AM, 12 PM, OR 1 PM. AGES 5 – 8. Fee: $20 per child; Single/Couple Membership, $40 per couple. Volunteer coaches are needed for teams.

**Junior Cheerleading** JAN 19 – MAR 12, PRACTICE WED, THURS OR FRI 4 – 5 PM. JAN 7 – 15; BXG 10 AM – NOON. AGES 8 – 12. Fee: $20 per child; Single/Couple Membership, $40 per couple. Contact the front desk for the Village Shuttle to Camelback Village and Camelback Mall.

**Junior Basketball** JAN 16, AGES 8 – 12. Fee: $20 per child; Single/Couple Membership, $40 per couple. Contact Shelly McGann at 480.624.9125 for more information.

**Racquetball** JAN 16, AGES 8 – 12. Fee: $20 per child; Single/Couple Membership, $40 per couple. Contact Shelly McGann at 480.624.9125 or hzemaitis@dmbclubs.com for more information.

**Racquet Ball** JAN 16, AGES 13 – 18. Fee: $20 per child; Single/Couple Membership, $40 per couple. Contact Shelly McGann at 480.624.9125 or hzemaitis@dmbclubs.com for more information.

**Junior Fitness** JAN 16, AGES 13 – 18. Fee: $20 per child; Single/Couple Membership, $40 per couple. Contact Shelly McGann at 480.624.9125 or hzemaitis@dmbclubs.com for more information.

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up and COMING

CDG | Track @ Chaparral High School
MON 5:45 AM

D | Master Swim WED 5:45 AM

D | Tempo Run WED 6 AM

G | Master Swim WED 5:30 PM

CDG | Track Hayden/Bell WED 6 PM

C | Master Swim Thurs 5:45 AM

G | Group Ride THURS 6 AM

D | Group Ride THURS 6 AM

G | Ride/Rush THURS 9 AM

C | Master Swim Thurs 5:45 AM

D | Master Swim Thurs 6 PM

CDG | Hill Run @ Starbucks (Indian Bend/Sci Rd) FRI 6 AM

D | Master Swim FRI 5:45 AM

CDG | Barnes Swim @ Starbucks Pima/Pinnacle Peak FRI 6 AM

D | Group Ride SAT 6 AM

G | Group Ride SAT 6 AM

CDG | Ladies Ride @ Paradise Bakery SUN 6 AM

CDG | Long Run Indian Bend/Hayden SUN 6 AM

CDG | Tri for the Cure MAY 20 The Village Health Club are a proud sponsor of the 5th Annual All Women’s Tri for the Cure, benefiting the Susan G. Komen Foundation. This is a ‘ladies only event’ with over 700 women participating last year. The event takes place at Chandler High School. The swim is in a 50 meter pool, consisting of an 8 lap swim (400 meters), an 8 mile bike ride and a 2 mile run that finishes Olympic style on the high school track. Participating as Relay team or completing the duathlon (2 mile run, 8 mile bike, 2 mile run) is also an option. Pick up a registration form at any Village Club, or online at www.active.com. Visit www.triforthecureaz.com for more information.

YOGA

CDGV | Teacher Training JAN 1 – FEB 12, MONT – FRI 5:30 – 10 PM & SAT 8:30 AM – 5 PM

Held at Gainey. Take your yoga practice to a different level. Yasa Yoga Teacher Training. $3500 for non members and $3000 for members.

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Suns • Coyotes • ASU • U of A • BCS Championship
Waste Management Open • Spring Training Baseball
2011 MLB All Star • Harlem Globetrotters
Shrek • Disney on Ice • Ozzy Osbourne
Social Distortion • John Edward
Bill Gaither & Homecoming Friends
A Chorus Line • George Lopez
Monty Python Spamalot • Bad Philh
9 to 5 • Lewis Black • Jackson Browne
Lady Gaga • Manhattan Transfer
Fiddler On The Roof • Billy Elliot • Mamma Mia
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Did you know that the Village Preferred Merchants pay to have their company listed in the Village Newsletter and on the Village website, and offer all Village Members a discount that NO ONE else can get? That’s right! So take a look a the list, or visit the Village website to see more detail about each merchant, and start supporting your Village Preferred Merchants. And start saving today.

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*Offer:* 20% off workshops & coaching programs
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actioncoach.com/billstack/programs.php

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alexorosejewelry.com

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*Offer:* 10% off six bottle purchase
480.570.0646
arcadiafinewine.com

**BETTERIDGE JEWELERS**
*Offer:* 25% off in-stock jewelry
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betteridgejewelers.com

**CAMELBACK COACHING**
*Offer:* 15% discount on technical coaching sessions (swim lessons, bike fitting, run technique analysis)
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**CERTAPRO PAINTERS**
*Offer:* 15% off painting services
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certapropainters.com

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corclinic.com

**DAVE CRUZ PHOTOGRAPHY**
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davecruz.com

**DMB REALTY**
480.282.5656
dmbrealtynetwork.com

**FINESPUN PHOTOGRAPHY**
*Offer:* 15% off services and products
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finespunphotography.com

**GAINEY SUITES**
*Offer:* 15% off overnight stay
480.922.6969
gaineysuiteshotel.com

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*Offer:* $100 on-board credit, premium bottle of wine and group rates
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holidaycruisesandtoursaz.com

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*Offer:* 20% off in all three restaurants, excluding holidays
480.444.1234
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*Offer:* 15% off food purchase
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*Offer:* 10% off introductory pilot training, 5% off charter flights, complimentary champagne and cheese/fruit tray during flight
480.922.5652
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**SHARPShINE AUTO DETAIL**
*Offer:* 10% - 25% loyalty discount card
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**STRAteGY FINANCIAL GROUP**
*Offer:* 25% off any estate planning package
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