



Message from Frank T. Santana:

GET YOUR BUSINESS ON THE RADIO FOR FREE! A 7flags member exclusive!

As many of our 7Flags Health & Fitness members know we host the bi weekly “Health is Wealth” radio show which airs on Thursday evenings at 6:00 PM on ESPN radio 1700 the “Champ” and on Saturday mornings at 10:00 AM on 98.3 WOW FM. As our way of thanking you for your patronage we want to recognize our 7Flags members and their business on the air! If you have a business that you would like us to acknowledge please e-mail me with your name, the name of the business and a brief description and we will get you and your business on the air free of charge. If you refer a new member to our facility we will interview you on the air to talk about your business! Just e-mail me the name of your referral and if they join we will schedule you for an interview on our show!

It’s been a challenging winter to put it mildly; however on the positive side this kind of nasty weather makes it easier to focus on getting healthier. Nothing can top off a workout like a massage or relaxing in the heated indoor pool, steam room, sauna and/or whirlpool. We are really fortunate to have Erin Hefner as our massage therapist and I would urge you to give her a try. Erin can be reached at 491-8721. The perfect Valentines gift!

Message from Massage:

February brings Valentine's Day and good excuse to pamper someone you love (even yourself!) with a massage. What better way to escape this dreary winter weather than lying on a warm table under fluffy sheets, listening to the ocean in the seaside-themed Therapy Room? **Gift Certificates are available at the front desk.** While sport massage is Erin's specialty, she also does reflexology, aromatherapy, and warm paraffin hand treatments. Ask for a free sample when you book your massage! Ease your mind as well as your muscles through the application of essential oils in an aromatherapy session or the use of reflex points on hands and feet in reflexology. The warm paraffin dip is especially nice for dry "winter" hands. Please mention that you would like to try one of these when you schedule your massage so Erin can have everything ready for you.

*Couples Massage Class coming in time for Valentine's Day! Watch for details to be posted soon!

Chair Massage Mondays: February 1 and March 1 from 9:00am-11:00am and 6:00pm-8:00pm. 10 minutes just \$10.

*Massage tip for February - Keep hydrated! One thing that causes those pesky knots is dehydration, causing the muscle fibers to stick together. Caffeine dries you out, so as you sip on that hot chocolate or coffee, alternate sips with water. Also keep your water bottle handy when you work out and remember to drink before you're thirsty. It's a cold and dry Iowa winter, so be kind to your body.

Message from the Tennis Department:

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Well, the tennis area has a lot going on these days! We have Adult leagues for the men on Tuesday and Thursday evenings from 8-9:30 pm and for the ladies on Wednesday from 7:30-9 pm and Friday afternoons from 1-2:30 pm. There is mixed doubles leagues on Sunday afternoons from 2-6:30 pm available to beginners – advanced players.

There is Cardio Tennis on Friday and Saturday mornings from 10-11 am. Our wonderful seasonal pro Bunny Bruning runs the Friday morning cardio and Tylor Schlader, Marina McCollom, Mary Ellerbroek, and Sandy Hovey run the Saturday morning cardio class. Cardio Tennis is a GREAT workout and is recommended to anyone that wants to burn some calories to heart-pumping music!

Our session 5 for winter tennis clinics starts the week of February 8th. To sign up for Adult clinics/leagues email the Director of Tennis Tylor Schlader at tschlader@7flags.com and for Junior clinics/ladders email the Director of Junior Tennis Marina McCollom@7flags.com. Check out our website at www.7flagstennis.com for other information!

Spring break camp information will be available soon!

Message from the Kid's Gym:

One month closer to spring! It can't come soon enough! And when was the last time the kid's got to play outside? I can't remember either!

This certainly has been a long winter, and it isn't over yet! When the kid's start climbing the walls, just bring them into the Kid's Gym and let them run off some energy! It's good for them and for you!!

Kid's Gym Hours	
Monday Thursday	8:30-1:00---2:00-8:00
Friday	8:30-12:30--2:00-6:00
Saturday	8:00-12:00
Sunday	Closed!

Happy Valentine's day!!!!!!

THANK YOU

MAGGIE
KID'S GYM MANAGER