



April 2008

NEWSLETTER

HAVE A GOOD MORNING!

EARLY TO BED EARLY TO RISE MAKES A MAN HEALTHY, WEALTHY, AND WISE.

“BEN FRANKLIN”.....FAMOUSLY

First of all if you are a night owl, great! My husband is one and it seems to work just fine for him, but I'm just the complete opposite and love it! Here's why.

I love to wake up and greet a wonderful new day. A new day gives me the opportunity for a fresh new start. I use to jump out of bed, after hitting snooze a couple times, rush to get the kids ready, rush to get myself ready, miss breakfast and still be late for work, but now I get a head start and I'm always early. I can wake up to no screaming kids, no balls bouncing, and no television. It's so nice, I really enjoy the peace. I can squeeze in a couple crunches and jog a few laps. So I burn a few extra calories getting up early. I never miss the most important meal of the day. **BREAKFAST!!** Productivity- Early morning is a great time to throw a load in the washer, check the forecast and catch up on some e-mails. Commute- Who likes to rush through traffic? Let me tell ya! Getting anywhere at 5am is a breeze.

SOME REASONS WHY YOU SHOULD WAKE UP TO 7 FLAGS

- You get your workout done and out of the way!
- We offer Personal training as early as 5am!
- We offer group fitness classes that will get you pumped up and motivated through the entire work out!
- Early morning runner or want to become an early morning runner? Join our early morning team that starts as early as 4:45am. (It's still dark at that time so having a partner or a group to run with makes a run fun and safe)
- Our tennis courts are available as early as 5am. You can hit a few rounds with a partner or practice with a ball machine.
- It's almost time to open up the outdoor pool so we'll have plenty of room for you early morning swimmers.
- We are open at 5am sharp!

See you in the morning

Boundi Lo Vanh

MEMBERSHIP

Now through 6/1/08 we have a Summer Student Special, ninety-nine dollars (\$99) for a 3-month membership.

What a great way to congratulate your Student or Graduate for all the hard work they are doing in school or just around the house! Show them that fitness is important in any lifestyle!

7-Flags is now selling a state-of-the-art workout glove call the "OCELOT" these combination wrist-wrap gloves sell at our front desk for \$24, but if you give two membership referrals to one of our Health Consultants you can get \$5 off!



MASSAGE ENVY IS HERE!

SCHEDULE YOUR ONE HOUR OR
ONE AND A HALF HOUR MASSAGE AT THE FRONT DESK TODAY!

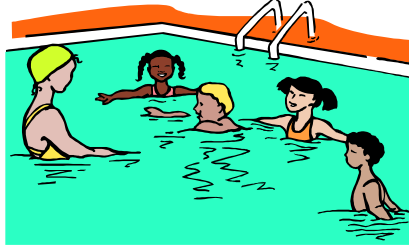
Also available is our chair massages... \$10 for 10 mins!
Try your first one hour massage for just \$39!!!



Next session starts on April 28th. Sign up now for the next 10 week session to get you in the best shape of your life. Reduce your cholesterol, bodyfat, weight and lose inches! Guaranteed Results. Contact Jenae Halstead for more info!

SWIMMING LESSONS FOR SUMMER OF 2008

7Flags will be having Group Swimming Lessons in June 08' for 4 weeks. They will be on Mondays and Wednesdays in the mornings 10am and 10:30am and nights at 6:30pm and 7pm. There will be eight 30min sessions. The price will be \$60 for members and \$75 for nonmember. The levels are: beginner, intermediate and advanced. We will put out a sign up sheet and it will be first come, first service until the classes are full. The instructor will be Annie Downing, she has been a lifeguard and swim instructor for twelve years and is Red Cross Certified in Life guarding, CPR and First Aid.



Personal Training

CALLING ALL MARATHON RUNNERS AND TRIATHALON PARTICIPANTS!

Starting in the month of June we will be offering sessions for all MARATHON RUNNERS and TRIATHALON PARTICIPANTS. The training will be done in a group setting and will cost \$299.00 for an 8 week class. More information will be posted around the club as soon as it develops. Anyone that is interested in receiving more information: please email Josh Gettler at jgettler@7flags.com or call (417) 343 2159.



14 week Season of Sun and SAND VOLLEYBALL!

6's early bird registration... \$239!!

7 Flags Members Special (Regularly \$309)

****4's and 2's registration also available at regular cost.**

Call 255-6565 to register! Or Stop at the front desk for more information!

www.volleysdm.com and www.plazalanesdm.com

Kids Gym

Think spring.. "Please"!

We all need it. If the kids are climbing the walls at home bring them into the Kids Gym to run off some of that energy. While you're here make sure you sign them up for swimming lessons with Annie Downing. With spring comes sandal season, please remember to bring SOCKS when you come to the Kids Gym!

THANK YOU---MAGGIE

NURSERY

Our 7 Flags Nursery staff would like to welcome all of our new members. We would like to remind our members of our Nursery hours:

M-F 8:30am-12:30pm and 4:00pm-12:00pm

Saturday 8:00am-12:00pm

Summer hours will be posted soon! So be aware!

Any questions please call 278-8888 x749.

Happy Spring!--Nursery Staff

7 Flags X-Press @ Greenway Crossing

Will Feature XRKade

Ground-breaking for our new 24-hour facility in West Des Moines will occur in mid-May. The club will feature XRKade equipment and will be the only high-tech interactive exercise facility in the Des Moines Metropolitan area. The club will feature standard Paramount weight equipment, Precor treadmills, ellipticals and bicycles along with some free weights. The XRKade will offer a unique twist for new members or current 7 Flags members who want to upgrade for a nominal fee. The XRKade club resembles a virtual reality arcade with futuristic, urban, x-games twist that is motivating, and exciting. It is an experience that completely submerges the user in the XRKade games and activities while receiving the benefit of being active. We'll keep you updated as construction progresses. Everyone have a great Spring!!

Marv Jones, Operations Director

Notes from the editor

AS ALWAYS... don't forget to listen to the Godfather of fitness, Frank T. Santana on 98.3 WOW FM Tuesday nights from 7-8pm... Each week he talks to health and fitness experts, authors, celebrities, and you! The only health and fitness radio talk show... "Health is Wellness".

Everyone here at 7 Flags would like to thank you for your continued business at the club. If you ever have any comments, questions or concerns don't hesitate to contact a member of management here at the club. We will make it our priority to keep you happy.

Jenae Halstead, Sales Manager