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The Seven Flags Chronicle

Free Publication — Week of September 19th, 2005

UPCOMING EVENTS

September
"Join-A-Friend" Promotion

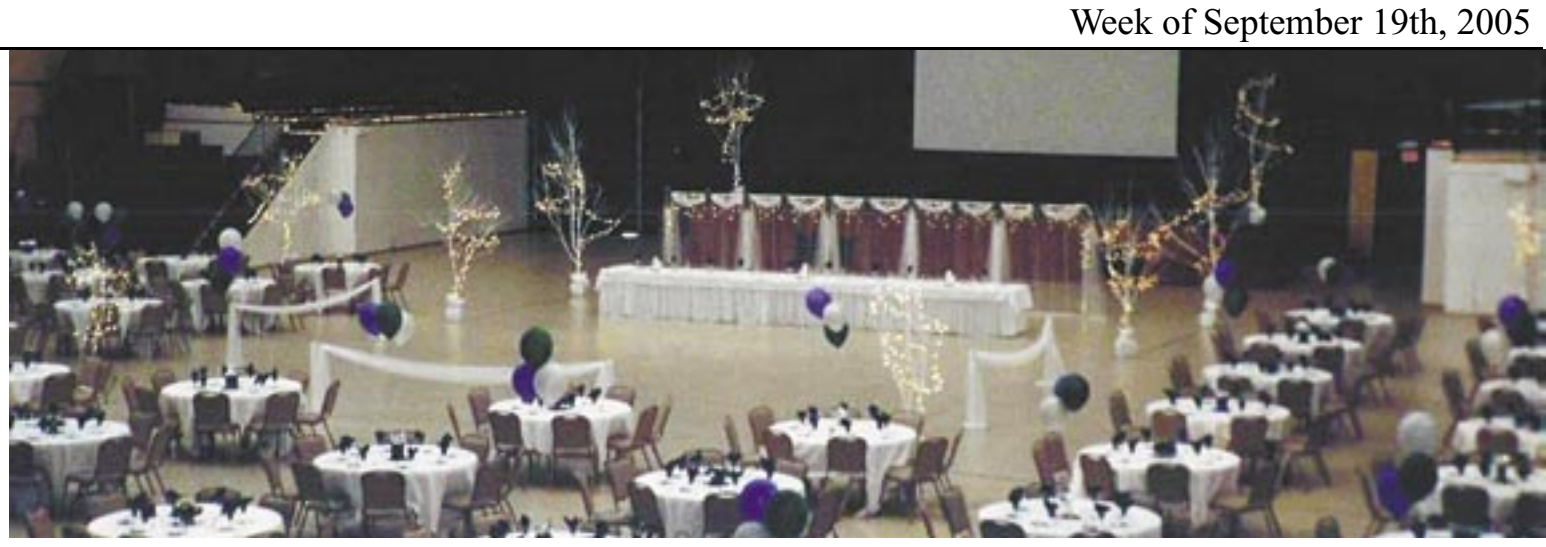
October
Fit Kids Club

November
Canned Food Drive
Holiday Boot Camp

December
Holiday Lighting
New Year's Eve Celebration
Holiday Boot Camp

January
Anniversary Celebration

February
7 Flags Football Championship Party



Event Center Steps Into The Future!

The 7 Flags Event Center has a storied history of hosting numerous concerts, fights, and other similar events that didn't always bring with them the kind of notoriety one might prefer. Even Des Moines' own Slipknot has had its turn putting on quite a show at 7 Flags! Recently, however, the management team at 7 Flags has taken the Event Center down a new path – one that will certainly set it apart from the competition!

With over 28,000 square feet, the Event Center is one of the largest venues of its kind. While the Center will continue to hold the occasional concert and other like events, management is opening the doors to the business sector and doing so with a technological bang!

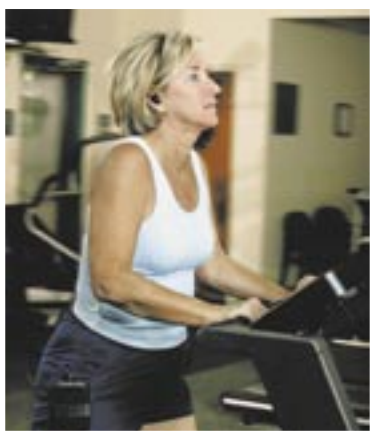
The Event Center will very soon have all the technology necessary to host business meetings of all sizes and varieties. Kamy Herbst, 7 Flags Event Center Manager, recently announced all the big changes. "We are adding state of the art technology to the Event Center to enable companies to hold meetings of any type." The technology will now include:

- High Speed Data
- Wireless Internet Access
- T-1 Technology
- CAT 5e Ethernet
- Videoconferencing
- Unlimited Telephone Access
- Breakout Rooms
- On-Site Technical Support

Communication Design, Inc. is the local company handling the technology installations. Having worked with many of the larger Des Moines businesses on their technology needs, Communication Design, Inc. brings a wealth of experience and knowledge to the Event Center. In addition to the local work, the staff at Communication Design, Inc. has provided technological support to such events as the Academy Awards, the 50th Anniversary Celebration at Pearl Harbor, and many other large events at venues like the Staples Center in Los Angeles. Herbst said, "We are very fortunate to have the relationship with Communication Design, Inc. They give us more than just the hardware, they give us the personal touch and we will pass that on to our customers."

With the added technology, look for more business meetings, workshops, conventions, and trade shows to take place over at the 7 Flags Event Center. When you attend one of their meetings, maybe you'll be able to stay right there and see a headline act playing a concert that night!! You never know who might turn up at the 7 Flags Event Center!!

Ladies Only Please!



Ladies, are you still looking for the place to get in shape? Well, here's your chance! For a limited time, 7 Flags is offering women a special Club membership. The Women's Perfect Fit Membership is currently available to all ladies at the special rate of $29.95/month! At a third of the regular price of a membership, now is the time to join!!

7 Flags Fitness & Racquet Club continues to support the wants and needs of its female members. With the still popular Women's Perfect Fit female-only workout facilities to the Women's 20/20 Club, the Club reaches out to its female members. And now with this great membership special, women really have it all at 7 Flags!

So ladies hurry on down to 7 Flags! Memberships for women are $29.95/month for a limited time only! There really is no better time than now to get started on your fitness goals. Check with any Fitness Counselor today for all the details!! And while you're at it, check with one of 7 Flags' Certified Personal Trainers to see how they can help you achieve all the results you want!!

Cardio Tennis New At 7 Flags

WHAT IS CARDIO TENNIS?

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis.

BENEFITS OF PLAYING CARDIO TENNIS

- Participants consistently elevate their heart rates into their aerobic training zone.
- It is much more fun than working out on a machine or other fitness activities.
- You get short cycles of high intensity workout and periods of rest, almost like interval training.
- It is a fun, group activity where players of all abilities enjoy tennis together.
- While you are playing tennis, the focus is primarily on getting a great workout.
- You naturally improve your game because you hit so many balls and repeat various shots

CARDIO TENNIS FOR EXISTING PLAYERS

There are programs and drills geared for existing players to get a great cardio workout while improving your game. (Tuesdays 10:30AM)

CARDIO TENNIS FOR NEW PLAYERS

If you are a beginner, there are locations with specific programs for you. Cardio Tennis is more fun than working out in the gym or other forms of exercise. (Fridays 10:30AM)

Mens Fall Basketball Leagues Starting Soon at 7 Flags

Leagues Start Oct. 6th
Games Tuesday and Thursday Nights

There is a maximum of twelve teams so get registered before 9/23.