



The Seven Flags Chronicle



Free Publication

Week of July 25, 2005

UPCOMING EVENTS

10 For \$15 Promotion

(10 Trips to the Club for Just \$15!)
Now through August 31

Fit Over 50

(Group Training Program for Ages 50+)
Starts August 29

20/20 Women's Club

(Lose 20 lbs. in 20 Weeks!)
Next Session Starts Soon!

Halloween Bash

(Biggest & Best Halloween Party in Town!)
Coming in October

New Year's Eve Ball

(Des Moines' Premier New Year Celebration!)
2005-2006

7 FLAGS WELCOMES TANA GOERTZ!!



July 15, 2005—

Gordon Kratz, 7 Flags' Chief Marketing Officer, announced today that the Club has signed Tana Goertz, Des Moines' "Apprentice," as its newest Member.

Tana, who gained national attention with her Runner-Up finish on the NBC Show, is excited to get started. "7 Flags has so many different things to offer . . . and wow, the Club looks great!"

Tana will begin her personal training regimen

soon, working directly with Shawn Dassie, 7 Flags' Fitness Director. "I've got to get this body ready," said Goertz, as she prepares for a possible appearance on NBC's "Fear Factor," later this Fall. Kratz commented further, "With new ownership, many renovations and improvements, and the building of such a great staff, 7 Flags is once again the premier Club in Des Moines. Attracting someone like Tana to join us is just another positive addition!"

Leonard Dance Studio arrives at 7 Flags!



Leonard Cosimo has been teaching ballroom dance in the Des Moines area for over 55 years and now he has come to Seven Flags! Leonard's Dance Studio opened in 1952 and is still in existence.

In 1988 Leonard began teaching for the Des Moines Adult Ed program. Betty Lou Neal has been Leonard's dance partner for the past 25 years. They continue to teach and entertain students throughout the area. They show students that dancing can be fun, while they are learning a skill that will last a lifetime.

At the ripe old age of 72, Leonard is still dancing and bringing the enjoyment of learning to dance to thousands around him and now he wants to bring the joy to you. Sessions starting at \$5 every Saturday night at Seven Flags, 7 p.m. sharp.

Check Out Our Booming Tae Kwon Do Program

7 Flags is pleased to present a first-class Tae Kwon Do Program in a new first-class Tae Kwon Do Facility!

Priced better than its competitors, 7 Flags' Tae Kwon Do Program is led by Mas-

ter Scott Phelps.

Master Phelps began his Tae Kwon Do training in 1976 and holds the rank of 6th degree Black Belt. He is one of only three instructors in Iowa to carry such lofty status. He has over 20

years of Olympic style Tae Kwon Do competition experience and has developed several State and National Tae Kwon Do champions.

Master Phelps and the rest of his qualified staff are here to make

your Tae Kwon Do experience extremely rewarding!!

Come see the new facility and try a Tae Kwon Do class today!! The Tae Kwon Do Program is open to members and non-

members of the Club. Men, women, and children of all ages can benefit from the Program, learning self-defense, gaining internal confidence, and even experiencing the competition.

New Membership Options ACT NOW!

7 Flags is proud to announce their new Results Membership!

The Results Membership is designed for someone who is not happy with the way they look and feel, or they have some specific goals that they would like to see achieved in a reasonable amount of time, and would benefit from one-on-one education.

This membership includes an individualized personal training program on the following components of fitness: Cardio Conditioning, Strength/Resistance Training, Flexibility Training, Core

Training and Sport Specific Training.

You can still register for the Fitness Membership which is designed for someone who is happy with the way that they look and feel and is comfortable with the weight room floor.

The Fitness membership includes a complimentary Kick Start that includes a Fitness Evaluation and a Goal Assessment. The plans start as low as \$19.95 a month so check it out now!

Cyclone-Hawkeye Challenge New at 7 Flags



In the spirit of friendly competition and to help our respective beloved athletic programs, we at 7 Flags are willing to donate \$50 for every new adult Results Membership emanating from the Cyclone Club or the I-Club from the respective club. We are also donating \$25 for every new adult Fitness Membership emanating from the respective club.

The first alumni group to enroll 500 new memberships receives a bonus value of \$10,000. The winning club could get up to \$35,000 in less than 60 days!

The contest starts immediately and will run until 10am on Saturday, September 10th. The winner will be announced and the check will be rewarded at half-time of the Iowa/Iowa State Football Game. Good Luck!

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