

July 2011 Newsletter

Message from 7Flags

The Indoor pool painting and upgrades have been completed and the indoor pool has reopened. We are now making upgrades to our aerobics room floor July 5th thru the 10th and we will resume our group exercise schedule on Monday, July 11th. The aerobics room floor will be stripped and re waxed next week. To do the job correctly we need to have a week or so of no foot traffic in that room. As such ALL CLASSES that are conducted in the large aerobics room and/or CLASSES that are conducted in the smaller yoga/pilates studio that require ingress/egress thru the large aerobics room will be suspended for the week, starting July 5th through July 10th. We will return to our normal group schedule on Monday, July 11th. If there are any changes to this schedule we will communicate ASAP.

We have intentionally scheduled various renovation/upgrades this summer to minimize any inconvenience to our members and so that we have them all done before the busy fall/winter season is upon us. After the group exercise room is completed we intend to upgrade/rebuild our spin bikes.

One of the advantages of belonging to our facility is our close proximity to the "Greenbelt Walk/Run/Bike Trail" system. We hope our members take advantage of this during the summer to walk/run/bike with all of their family members and then jump into the outdoor pool to cool off!

Remember this is the time to really enjoy the varied fruits and vegetables that are readily available throughout our communities. Eat them every day, this will really add to your health improvement goals, whatever they may be.

Enjoy and many thanks form your loyal patronage

Members Appreciation Day

We are having a customer Appreciation Day for our members, families and friends. Please come join us from 4-7pm July 23rd. We are going to have games and food. We are also giving a special membership discount to new members. We hope to see you there.

Message about Classes

ALL CLASSES that are conducted in the large aerobics room are going to be canceled from July 5th until July 10th. We are re-waxing the floors and classes will resume on the 11th.

Message from the Trainers

**Summer time Personal Training special.
(30) ½ hour training sessions with Reid Jansonius.
Rates are valid July 1st – September 1st 2011**

By Reid Jansonius

7 Flags Personal Trainer

Why you should get into weight training

Just about everyone in the gym should be doing some sort of weight training. Not just guys looking to get big, but also ladies looking to trim up, endurance athletes, even grandma and grandpa. These three groups of people frequently avoid the weights, because they don't think lifting heavy stuff off the ground will help them. It will, and here's why.

First, ladies. Read this carefully: lifting weights will NOT make you bulky. Guys get big and bulky when they do weight training because of testosterone, and even then, only when it's very heavy and performed frequently. Ladies obviously don't have that capacity. Instead, lifting weights – even in a low rep, high weight scheme – results in increased lean mass, less body fat, and improved metabolism. So don't be afraid to pick up a barbell.

Second, endurance athletes. Even if you compete in endurance races like marathons, 10k's, or triathlons, weight training can still be very beneficial. Fears of getting bulky or decreasing VO2 max are unfounded. It may seem out of place, but a high rep, low intensity weight training scheme can improve performance and reduce the risk of injury if implemented properly. Building a bit of explosiveness in your legs can result in a slightly longer running stride – imagine the impact if you could reduce the number of strides you could take in a race by even a small percentage.

Third, seniors. Weight training seems intimidating, but there are major benefits for this demographic. First, it can improve bone density. Second, it improves coordination and balance. Those three adaptations are extremely important for maintaining mobility and a generally higher quality of life as we age. And third, it helps increase metabolism by developing lean mass. Sedentary adults lose a bit of muscle mass every year as they age, eventually resulting in weight gain and generally poor health. Weight training can offset this!

Questions about how to get into a weight training program? Talk to a 7 Flags Personal Trainer!

Message About Sleeping

How do you work-out if you don't sleep very well?

Q: What can I do about snoring? Is it keeping anybody from getting necessary sleep?

A: Many couples sleep in separate bedrooms due to a spouse's loud snoring. Because the snorer is asleep, they don't realize they have a problem. Many patients come for a sleep evaluation solely because their bed partners have urged them. You are correct in seeking medical attention. Snoring can be a sign of Obstructive Sleep Apnea—a serious medical condition. "Apnea" means cessation of breathing. When a person has obstructive sleep apnea, their airway becomes blocked repeatedly during the night. Below are some of the symptoms of Obstructive Sleep Apnea:

- **Loud snoring.** The person may alternate between snoring very loudly and being very quiet. Periods of silence may be followed by gasps or snorting sounds.

- **Daytime sleepiness.** He or she may fall asleep while watching TV, reading, attending meetings, or driving. The person may wake up tired, even after a full night's sleep.
- **Morning headaches.**
- **Trouble concentrating,** forgetfulness, poor performance at work.
- **Frequent nighttime awakenings and urination.**
- **Irritability,** short temper, lack of energy, depression, or other mood changes.
- **Restlessness** at night. Tossing and turning, thrashing about in bed.

Untreated obstructive sleep apnea is associated with health problems such as high blood pressure, heartbeat irregularities, diabetes, heart attack, and stroke. People with sleep apnea do not get restful sleep and are therefore at more risk for accidents while driving or operating heavy equipment. Snoring and sleep apnea rarely go away on their own. However, they can be successfully treated. Information provide by somnitech.

7Flags Trivia

1. How long is the Indoor Pool?
2. If you want to swim a mile, how many laps do you have to swim in either the indoor or outdoor pool?
3. How many lap around the running track equal a mile?
4. Does 7 Flags have tennis leagues that anybody can participate in?

Answers:

1. 24 yards
2. 33laps
3. 12laps
4. Yes – our Tennis program allows all levels to participate whether you have a tennis membership or not.

Message from the Tennis Gallery

Juniors: Summer camps are currently going on. You can check the schedule on the website or email for more information. We will NOT have the morning clinics for the rest of the summer because of lack of attendance. All the rest of the clinics will continue with the same schedule. Summer camps end on Saturday, August 13th. Also, join us on Fridays for interclub matches with Des Moines Golf, Wakonda, and Aspen. If you would like more information please contact the tennis gallery at 515-278-8888 ext. 747, Marina McCollom (mmccollom@7flags.com).

Adults: We are still offering our Cardio Tennis classes on Saturday mornings from 10-11 am so come out and get a heart-pumping workout in to start your weekend off! Also, there are private lessons and group lessons available throughout the summer. Please contact our Tennis Director Tylor Schlader at tschlader@7flags.com for scheduling times and prices

Kids Gym Message

From the Kids Gym! Summer is in full swing along with it's many activities. When your ready for some piece and quite, bring the kids to the to the gym and head out to the pool! When you bring them in please remember socks.

Parents Night Out will be held on July 22nd. Please sign up by Monday July 18th.

Members Appreciation Day!!!

During the Members Appreciation Day on July 23rd 7Flags the Kids Gym will be open and Free! During the hours of 4pm to 7pm you can bring your child for 30 minutes. Please feel free to bring the kids in and let them play.

Have a great 4th!

Kids Gym
Manager
Maggie

Massage Message

Massage News:

Chair Massage in July: Due to the holiday and family commitments, Chair Massage day will be Thursday, July 7 from 8:30-10:30am and 5:30-7:30pm. \$10 for 10 minutes.

Members Appreciation Day: Saturday, July 23

*FREE chair massage 9am to noon

*Enter a drawing to win a FREE Hour massage

*\$10 off coupons available

Summer Special: 5 hours of massage for the price of 4!

Purchase 4 hours of massage at \$240 and get the 5th one free.

Consider this your "Sport Pack" or "Spa Pack," depending on your taste. Use it as part of your training or to relieve stress.

Runners/Triathletes: Get 10% off all massages 1 hour or longer if you are registered in the following races:

Clive Running Festival

Hy Vee Triathlon

Des Moines Marathon

Offer good from April 1 until one month after each event.

Gift certificates available at the Front Desk.

Everyday deals on massage:

1. Get \$10 off your first massage with Erin.
2. Refer a friend and get 20% off!
3. Join the Rub Club – after 10 massages you get one FREE!

Contact Erin at 491-8721 or PersonalBestMassage@q.com to schedule your massage.