



July 2008

NEWSLETTER

**WELCOME TO 7 FLAGS HEALTH AND FITNESS CENTER!**

Members should always feel welcome to bring a friend to the club. Feel free to try out a SWAT class or our group fitness classes with your friend! Get them to sign up and get a FREE T-shirt!!

**ACCELERATED REHABILITATION NEW TO 7 FLAGS!**

Accelerated Rehabilitation is proud to announce the opening of our newest rehabilitation center here at 7 Flags! We provide physical and aquatic therapy services for neck, back, work and sports-related injuries. For an appointment call 515-331-0986. Free injury screening available.

Krisanne Colby, MSPT

**GROUP FITNESS**

New Saturday Step Instructor Rotation:

Dawn Wellman-1st Sat  
Dawn Cavenee-2nd Sat  
Julie Jackowski-3rd Sat  
Kim Kent-4th and 5th Sat

We would also like to welcome our new instructors Kim Kent (Sub) and Erin Dawson (Weds night Step and Flex)

As always, please check our schedule of classes online at [www.7flags.com](http://www.7flags.com)

## **24-7 XPRESS AT GREENWAY CROSSING!**

Groundbreaking of this club occurred last week! Visit [www.7flagsatgreeway.com](http://www.7flagsatgreeway.com) for more info.

Special Features to this club include Xrkade Equipment. The XRKade club resembles a virtual reality arcade with a futuristic, urban, & X games twist that is motivating & exciting. It is an Xperience offering physical challenges and entertainment that completely submerge the user in the XRKade games & activities while receiving the benefits of being active.

## **TENNIS**

New Tennis Director Tylor Schalder will join the club September 1. Currently he is working at Wakonda Club for the summer and will join our team this fall! Welcome Tylor!

## **HEALTH CORNER-7 Tips for a Good nights sleep!**

- 1. Get regular exposure to daylight, especially in the afternoon.** Research shows that night-shift workers can improve daytime sleep by working under bright lights.
- 2. Prior to bedtime, use dimmer switches or turn off a few lamps to lower the lighting in your home or apartment.**
- 3. Don't allow yourself to nod off on the sofa.** When you start feeling drowsy, get up and go to bed.
- 4. Use your bedroom only for sleep.** Don't make it a satellite office, study hall or entertainment center.
- 5. When you can't sleep, try using imagery and thoughts to relax.** Deep-breathing techniques also work.
- 6. If you haven't dropped off within about 20 minutes, get out of bed and read or engage in some other quiet activity.** Go back to bed when you get sleepy.
- 7. Put the alarm clock out of sight.** Clock watching doesn't help you sleep – it may even keep you awake!

**PERSONAL TRAINING**

**Summer Specials!**

25	½ Hour Sessions	\$750
36	½ Hour Sessions	\$1000
25	Hour Sessions	\$1150
36	Hour Sessions	\$1500

**Get it while its HOT! Summer Special Ends July 31<sup>st</sup>, 2008**

**Contact Josh Gettler, Director of Personal Training or any of our Personal Trainers to get started!**

**NEW PERSONAL TRAINING WEBSITE COMING SOON!**

**MASSAGE**

**Be aware of these triggers for migraine headaches. Common triggers include: aged cheese, aspartame, birth control pills or other hormones, caffeine, changes in weather or altitude, fatigue, intense physical activity, red wine, stress, strong or unusual odors.**

**Regular massage reduces the frequency of headaches by helping maintain optimal levels of relaxation and by relaxing muscle spasms. Massage therapy also can help ease the pain and discomfort of both migraine and tension headaches. At Massage Envy, walk ins are always welcome and same day appointments are available so we can help you when you need it most.**

**Contact the front desk to set up a time with Jeremy or one of our female therapists today!**

**EQUIPMENT FOR SALE!!!**

**STOP AT THE FRONT DESK TO SEE PICTURES OF ELIPTICALS, TREADMILLS THAT ARE FOR SALE. ASK JENAE FOR MORE DETAILS!**