



June 2008

NEWSLETTER

WELCOME TO 7 FLAGS HEALTH AND FITNESS CENTER!

If you are new to the club or if you have been here for many years, everyone at the club would like to wish you a warm welcome! Our Health Consultants are here to help you with any questions you might have about different aspects of the gym (tanning, locker rental, Men's Executive locker, Special Programs, Kids Gym, Tennis etc.). Feel free to contact any one of us anytime you need anything!



BRING A FRIEND!

We always encourage you to bring your friends and family out to visit the club! Guest fees with a member are only \$5. If you ask one of our Health Consultants, they are always willing to give you a free pass so that we can show off our facility to new prospects.

As you already know, we offer a huge variety of exercise equipment and services here including our indoor AND outdoor pool which opened Memorial Day weekend. Take advantage of everything 7 Flags has to offer and share it with others!

TOP WORLDWIDE FITNESS TRENDS FOR 2008

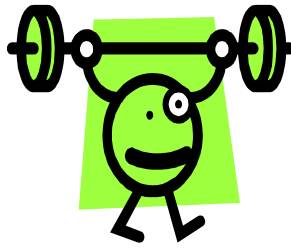
1. **Personal Training**. This trend continues as the profession of personal training becomes more of a reality and becomes more accessible to most people in all aspects of the health/fitness industry. 7 Flags is setting the standard for personal training by requiring the highest professional certification and college degrees or advanced degrees for all our Personal Trainers.
2. **Core Training**. This is a trend that emphasizes strength and conditioning of the stabilizing muscles of the abdomen and back. And is utilized extensively by our Personal Trainers.
3. **Special Fitness Programs**. Such as SWAT and 20/20 at 7 Flags.
4. **Pilates**. Pilates targets the core of the body while using the entire body. It also increases flexibility and improves posture.
5. **Functional Fitness**. This is a trend toward using strength training to improve balance, coordination, strength and endurance to improve one's ability to do activities of daily living. Used extensively by our personal trainers and in our Special Programs here at 7 Flags.
6. **Swiss Ball**. A round object constructed of rubber with a variable diameter of 55 to 85cm allowing for a wide range of activities to be performed. (aka gym ball, resist-a-ball, pilates ball, stability ball etc.)
7. **Yoga**. Yoga has taken on a variety of forms within the past year including power yoga and yoga in hot environments. Yoga is a mind/body exercise and is taught in many forms, each with its own special emphasis.

Other trends are: Spinning, Sport-specific training and Balance Training.

The major contents of this article are from Walter Thompson, Ph. D from the American College of Sports Medicine. The ACSM did a fitness industry survey to determine the most popular trends. Our programs at *7 Flags Health and Fitness* emphasize most of these popular trends and we will continue to strive to broaden what we offer at the club.

Everyone have a great summer!!

Marv Jones MS, Operations Director/CPO



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 June 30th, 2008
Contact Josh Gettler, Director of Personal Training or any of our Personal Trainers to get started!

SWAT (Strength Weightloss And Toning)

NEXT SWAT SESSION STARTS ON JULY 7TH. REFER A FRIEND AND GET FREE MAINTENANCE CLASSES (IF YOU HAVE ALREADY COMPLETED THE PROGRAM) OR GET A FREE MONTH OF MEMBERSHIP DUES!



10am class starting on July 7th! Stay at home moms rejoice! Kid's gym is open for your use during our SWAT class!!
(And Kid's Gym/Nursery is FREE for *anyone* for this session when you sign up for SWAT!!)

KIDS GYM

The school year is finally coming to an end. I can't wait to see the kid's gym full with the children I haven't seen since last fall. As summer draws near and you're wondering what to do with the kids, remember us and that the Kid's Gym is great exercise, it's fun, it's social, it's FUN!

MONTHLY REMINDERS:

- **PLEASE MAKE SURE YOUR CHILD HAS SOCKS!!**
- **IF THE NURSERY IS CLOSED, YOUR NURSERY CHILD IS NOT ALLOWED IN THE KID'S GYM. THIS IS FOR EVERYONES SAFETY!**
- **IF YOU JOIN SWAT OR 20/20 AND YOU ARE OR BECOME A MEMBER OF 7 FLAGS YOU RECEIVE FREE KID'S GYM AND NURSERY DURING YOUR CLASS.**
- **WE TRY ALWAYS TO THINK OF YOUR CHILD'S SAFETY FIRST PLEASE GO OVER THE KID'S GYM POLICIES WITH YOUR CHILDREN TO HELP INSURE A SAFE ENVIRONMENT FOR EVERYONE!**

If you're thinking about the kid's gym for the summer, please come in for a tour and by all means bring the kids with you. I promise they'll have a great time!

THANKS FOR SHARING YOUR CHILDREN WITH US!

-MAGGIE, KID'S GYM MANAGER



Don't forget! Ask one of our Health Consultants for a coupon for a \$39 one Hour massage! First time users only. Regularly \$55 for one hour.

OUTDOOR POOL IS OPEN!



Women's life-changing 20/20 club

WEIGHT LOSS IS NOT EASY. 20/20 INCORPORATES MODERATE GROUP EXERCISE AND SOUND NUTRITIONAL COUNSELING. THIS TYPE OF WORKOUT IS PROMOTED AS THE TOP WORKOUT BY THE "BIGGEST LOSER SHOW".

JOIN NOW BY CALLING DIRECTOR DESIREE REICHENBACHER CERTIFIED PERSONAL TRAINER OR INSTRUCTOR ANNIE DOWNING AT 278-8888 EXT. 739 OR EMAIL DESIREE AT REICHENBACHER@7FLAGS.COM TO ACHIEVE YOUR GOALS!

Current session started May 12th, 2008 and goes through July 26th, 2008. The next full 10-week session starts Aug 4th, 2008.

2 consecutive sessions suggested to reach goals.

Sessions pro-rated for new arrivals

Member Cost: \$250.00 per 10-week session

Non-member Cost: \$300.00 per 10-week session

HEALTH CORNER

Try this meal plan for a day:

Breakfast: scrambled egg whites with low fat cheese, ½ grapefruit and whole wheat toast

Mid morning snack: strawberries and peaches with one cup non fat cottage cheese (or sub for non fat yogurt)

Lunch: wrap filled with sliced chicken, lettuce, feta cheese and spray Caesar dressing

Afternoon snack: two pears cut into wedges, 2 tsp PB

Dinner: whole grain tortilla stuffed with low fat cheese, skinless chicken, corn, non fat sour cream and spicy salsa.

Water is an underestimated weight loss tool. Make sure you are well hydrated with plain water. Nix the pop, juices, coffee, tea etc!