



OCTOBER 2008

NEWSLETTER

PERSONAL TRAINING

Our new personal training classes will be starting on Oct. 13th. The first two weeks will be free to anyone who wants to try the classes out. Starting Nov. 1st you will need to purchase a personal training membership to participate in these classes. The classes will be offered at 6am and 6pm, Monday-Friday. As the number of participants increase we will try to offer these classes everyday and all through out the day. These classes will be taught by personal trainers and will include many types of functional lifting. The first three classes that will be offered are circuit training, kettle bell training, and body suspension training. These three classes can be taken for people of all ages. There will be an average of 5-10 people in a class with 12 being the max per class. If you would like to try these classes out for free or are interested in purchasing the membership please feel free to ask the front desk or call Josh Gettler at 515-278-8888 ext.750.

WOMENS ONLY 20/20 PROGRAM

Join us for our next session starting on October 27th!

Build strong bones and tone up those muscles you never knew you had! Group training with a personal touch!

Contact Annie Downing to get signed up!

TENNIS

Clinics have officially begun and it is great having all ages and all levels playing tennis!! Our courts are filling up so please make sure to make your reservations online as soon as possible.

Our first Adult Social is Friday, October 24 from 6:00-9:00pm and the theme is Rally For the Cure fundraiser for breast cancer. We will be having Cardio Tennis from 6:00-7:00pm, snacks, door prizes, and then some fun doubles play. The cost is \$30 for a great cause and we would love to have you join us. Please call at 278-8888 ext. 747 or email us at 7flags_tennis@7flags.com to RSVP by October 10. We look forward to seeing you.

HEALTH CORNER

When it comes to your waist, the slogan "think before you drink" doesn't just apply to alcohol.

One way that excess calories slip into your daily life is through sneaky soft drinks and juices. Most people don't even consider how many calories are in what they drink, and they don't eat less to adjust.

A 12-ounce can of Coca-Cola packs 140 calories and 39 grams of carbs. If you have one can a day, as an afternoon pick-me-up, with dinner or any other time, over the course of the year that adds up to over 51,000 calories -- that's roughly 14 pounds!

There is a correlation between U.S. soft drink consumption increasing simultaneously with the U.S. obesity epidemic. Americans drank 22 gallons of non-diet soft drinks per person in 1970, and by 1997, that number nearly doubled to 41 gallons per person -- and obesity ballooned 112 percent.

If you need a caffeine fix, your best bet is to switch to coffee or tea to save calories and carbs. Stay away from sugar and creamer to keep the calorie count down as each tsp of sugar will add 16 calories.

Sports drinks are another unnecessary source of calories in your diet. The casual exerciser does not need them. If you are exercising for 45 minutes or less, water will be just fine to replenish your fluids. Most of these drinks pack over 100 calories per serving and can undo a lot of the exercise you just did.

If you still need flavors in your fluid, a lot of new sports drinks, like Powerade Zero, pack little or no calories and are pretty tasty. But just like diet sodas, you'll see a lot of unpronounceable ingredients listed on the package which may be cause for concern in the long run.

The best thing to do is stick with that fantastic weight loss miracle drink of the stars -- water. No secret there -- and no calories either. Drinking a glass of water before meals will help prevent overeating and drinking it with your meal will save you calories and money. It's a win, win.

WATER IS THE MOST UNDERESTIMATED WEIGHT LOSS TOOL!!!!

KIDS GYM/NURSERY

Ah fall, my favorite time of the year! It's an exciting time for kids with school in full swing and Halloween just around the corner! We have a great group of kids in the kid's gym, but we always have room for more! Come in and check us out!

- Please remember to read the policy sheet on the door before you bring your child in. If you would like one to take home just ask
- Cool weather also brings runny noses, if your child has a green discharge please leave them at home!

DODGEBALL TOURNAMENT

PLEASE CONTACT THE FRONT DESK OR JENAE HALSTEAD TO GET SIGNED UP.

TOURNAMENT HAS MOVED TO SATURDAY NOVEMBER 1ST