



Message from Frank Santana:

We enjoy listening and interacting with our members. Many of you have made thoughtful comments and constructive suggestions; however sometimes a member or group of members enriched our lives beyond measure. Read Below!

Message from a Member:

The purpose of this email is three-fold.

First, thank you for having a nice fitness facility. 7Flags Fitness has many good things to offer.

Second, thank you for having two nice swimming pools. Since I am an outdoors person I especially enjoy the outdoor pool! You can't get much better than completing an energetic Saturday-morning water aerobics workout with Marsha and then lounging by the pool with your friends solving the world's problems. Saturdays are my favorite day of week. 😊 😊

Lastly, thank you for having great instructors and great classes.

Most recently I attended Holly's 5-Week Advanced 20/20 Class. Due to too many surgeries to name, my posture was negatively affected. Her strengthening exercises and instructions have helped improve my posture, tone muscles and decrease inches.

In June 2006 I followed Marsha Heldt to 7Flags after New Image Family Fitness closed its doors and encouraged 15 of my water aerobic classmates to come with me. (James Ryan had a great summer due to all of us following Marsha!) Since Marsha has been with 7Flags for a number of years before I came you know how invaluable Marsha is.

Marsha's water aerobics and exercise instruction, her words of encouragement to the class and her example has totally transformed my life physically. Marsha's words and instruction inspired me on and helped me lose around 70 pounds..... And KEEP IT OFF for 2+ years!

I am so appreciative with 7Flags and "Marsha's Water Babes/Water Aerobics Class" that I designed a website at DMACC for my 2007 internet class. 50% of the site focuses around 7Flags, fitness, Marsha and the Water Aerobics Class.

Message from Frank Santana

Here are some links for your enjoyment. My assignment involved slide shows and it takes about 3-5 minutes before all the pictures load so please be patient.

http://www.dmacc.us/Delynn/Final_Project/Diet.html shows my before and after pictures. You can see my weight loss. (This is one of the slide shows that take 3-5 minutes).

http://www.dmacc.us/Delynn/Final_Project/Fit.html shows several pictures at 7Flags.

http://www.dmacc.us/Delynn/Final_Project/Aerobics.html shows tiny pictures of 7Flags Water Aerobics Class. There is also a link to 7Flags and the phone number on this page. Near the bottom is an <Enlarge Pictures> link that displays a slide show of Marsha's Water Aerobics and her Strength Training Class. (This is one of the slide shows that take 3-5 minutes). Some of these pictures are from Saturday, July 17, 2010.

There are a lot of classes I have not had the privilege of attending and probably will not get the time to. Frank, you allowing the variety of classes continue to help me and others obtain and maintain a fit and healthy life. The variety of classes and instructors help a variety of people in a variety of different ways. You see, without Holly and Marsha I would not be where I am today. So, thank you again for having great instructors and great classes!

Oh, yes....Since Marsha's school classes are ending soon I was hoping water aerobic classes on Mondays and Wednesday nights could be brought back again for the rest of the summer. And, of course, have Marsha as the teacher. I say, for the rest of the summer, because in September I begin classes and will not be able to come to 7Flags as often as I would like.

You, Holly and Marsha are all to be applauded! Continued success to you and 7Flags!

Thanks,
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