



DECEMBER 2008

NEWSLETTER

**FROM THE DESK OF FRANK SANTANA**

Join our CSA program!

Community Supported Agriculture (CSA) which is a local food system in which local farmers provides fresh foods, fruits, vegetables, meats, poultry, turkey, eggs, fiber and related products directly to the consumers on a subscription basis. Many of the CSA farms are certified organic and nearly all the CSA farms intentionally implement practices that contribute toward organic farming. Several CSA cooperatives and 7Flags Health & Fitness would join together to provide weekly packages of a variety of fresh fruits and vegetables and/or meats, poultry, turkey, etc., to be delivered at 7Flags for member pick up from May/June of 2009 through September/October of 2009, a period of five months. 7Flags members would have the choice of selecting certified organic products only or otherwise and in addition to the weekly package of fresh fruits and vegetables they can also select from a menu of a variety of certified organic meat, poultry, fish and turkey products to be delivered weekly at 7Flags for member pick up. The cost of the service of having packaged fruits and vegetables delivered weekly is \$700 for the five months or approximately \$35 per week for the 20 weeks. Orders for meats, poultry, turkey, lamb, etc would be an additional charge.

**Sign up for CSA begins January 5th and will end January 31st. CSA membership is limited.**

If this is something you would like to participate in please contact me directly at [FSantana@7Flags.com](mailto:FSantana@7Flags.com).

## TRIATHLON TRAINING COURSE

Starting January 5<sup>th</sup>, we will be offering a FREE triathlon training course offered by Matt Getting, a USAT Certified Triathlon Coach. The class will be focused on building an aerobic base, gaining sport specific strength, improving technique, and triathlon focused education. The class will be held in the pool, in the spin room, and on the training floor. Matt will guide participants through swim drills, technique, and help athletes improve their efficiency in the water.

For more information or questions, call Matt at 515-490-4670 or 7 Flags at 278-8888. We look forward to see you in the class!

## TENNIS

We hope everyone had a safe and wonderful Christmas Holiday. The New Year is upon us and the tennis season is kicking in high gear. Our Session 4 begins January 5<sup>th</sup> for any junior and adult tennis player so sign up today by calling the tennis gallery 278-8888 ext 747 or by emailing Tylor at [tschlader@7flags.com](mailto:tschlader@7flags.com).

Do you want to add an extra cardio workout into your weekly regime? If so, you should join us for Cardio Tennis on Friday and Saturday mornings from 10:00 – 11:00 am. What is Cardio Tennis? Cardio Tennis is a fun group activity giving all levels of ability a heart-pumping cardiovascular workout. With Cardio Tennis you improve your tennis skills while getting a total body workout. Sign up at the tennis gallery today!

Happy New Year!

## SWAT

Our next session of SWAT (Strength Weight loss And Toning) starts on January 12<sup>th</sup>! Assessments start the week of Jan 5<sup>th</sup>!

Cardiovascular exercise, Resistance Training and Nutrition all in one!  
Personal Training in a group setting! Results are guaranteed!!

Please contact Jenae Halstead to get signed up!! [jhalstead@7flags.com](mailto:jhalstead@7flags.com)

## PERSONAL TRAINING

### Top 5 Easy Tips for Losing Christmas Weight

1. When eating try to keep each meal the size of your fist.
2. Eat 4-6 meals per day.
3. Lift weights. By doing this you will increase your metabolism. Don't just stick to cardio, it does help burn fat but it doesn't increase your metabolism like lifting weights will.
4. Try not to eat anything during the three hours prior to you falling asleep.
5. The first thing you should do in the morning is eat something. You have to have something in your system to get it started for the day.

If you follow these simple rules you will start to see a change not only in your appearance but also the way you feel each day. You will see that you have a lot more energy and less stress!

## 7 FLAGS XPRESS @ GREENWAY CROSSING

Come to 7Flags Express at GreenWay Crossing to enjoy a fun filled exercise experience that is XRKade. Your 7Flags Express is the only facility in the entire state that offers this interactive fun for all ages that can completely reshape your body and mind. If you are stuck with the dull exercises that you have done in the past, then try the XRKade for a complete body workout when you don't even realize its happening. Kids can come enjoy Snowboarding, Dance Dance Revolution; you can start to climb Everest with our rotating rock climbing wall, have a boxing match with some of the worlds best boxers, go four wheeler racing on one of our four recumbent bikes, fight off ninjas in Jackie Chan's J-Mat, and finally ride the Tour De France on our Espresso race bikes. Parents come enjoy a fun filled exercise experience with your children to teach them the importance of exercise in life long health. This experience is not just for children and young adults, this is for everyone. All of our interactive XRKade tools are a fantastic way of cardiovascular training. Each of these tools puts you inside the game; it makes you the sole person responsible for winning and achieving your health and fitness goals. Come make this fun experience your experience at 7Flags Express at GreenWay Crossing. You can contact us at your convenience at 515-987-3709. Let's make 2009 the year you want it to be together, here at 7Flags Express at GreenWay Crossing.