



September 2008

NEWSLETTER

PERSONAL TRAINING

New Personal Training Memberships!

Personal Training Classes: These personalized group classes are designed to educate, inform and stimulate you in all aspects of wt training and wt. loss. These classes will include specialized exercises and equipment (Kettlebells, Bands, Bosu balls, exercise balls, sand bags, plyo boxes, body wt. suspension, etc.) designed to enhance the development of balance, build muscle tone, bone density and strengthen your heart and vascular system. We are constructing a new personal training area for this and it will be devoted to helping all members. The Membership we have to offer you is the following. These classes will be offered multiple times during the day as our memberships grow. Starting Oct. 1 we will be offering a morning and a night class everyday Mon thru Fri.

****Class Membership: \$129 a month Includes: Gym membership, Unlimited personal training classes**

****Group Training: \$199.00 a month Includes: Gym membership, 1 session a week with a group of 2-3, Unlimited personal training classes.**

TENNIS

Come and check out the new and improved Tennis Gallery that includes Bunny Bruning's Pro Shop at the reception for our new tennis director Tylor Schlader on Monday September 8th from 4-6pm. Enjoy snacks, punch, doubles play, prizes and giveaways during the two hour event. With the first fall session shortly approaching the week of September 15th, sign up now by calling the Tennis Gallery at 278-8888 x747 or email tschlader@7flags.com. Pick up information about all the clinics and programs offered for the fall/winter sessions located at the front desk or in the tennis gallery.

SHAKE UP YOUR AEROBIC EXERCISE!

Do you spend long hours doing the same cardio routine only to reach the end of the week with no results? To get the most benefit from your workouts, train at various intensities to challenge your body and avoid boredom.

Aerobic exercise is a foundation of any fitness program. It helps to improve the physique and lower blood pressure, stress and even the risk for some types of cancer. It is the primary way to improve cardio-respiratory fitness because it makes the heart and lungs stronger.

If you are doing the same workout, your system adapts easily. The cardiovascular system is like any other muscle that works with the overload principle. The key is to ask it to do just a little bit more than it is used to, imposing new demands. Combine your cardio workouts with resistance training and a sound nutrition plan, and you'll push through plateaus, beat boredom and blast fat!

1. Endurance Workout

GOAL: Increase endurance and burn fat

WHY IT WORKS: This workout is good for weight loss and aids in recovery from more intense workouts. By elevating the heart rate with a slightly harder pace than usual, these workouts can be maintained for a longer duration – which aids in burning more calories. Maintaining a steady pace builds a great foundation for your cardio program and trains your heart to work more efficiently over the long haul.

HOW TO DO IT: Endurance workouts are low-to-moderate intensity. Perform 20-50 minutes. If you cannot do 20 minutes, do as many minutes as you can and try to increase by one or two minutes per week.

2. Get Fit Intervals

GOAL: Increase metabolism and burn fat and calories

WHY IT WORKS: This workout effectively challenges the cardiovascular system by alternating moderate-to-high intensity with lower intensity periods.

HOW TO DO IT: The beauty of interval training is you don't have to work out for a long time. Unless you're training for a competitive event, anything more than 30 minutes is unnecessary, and that includes a five-minute warm up and five-minute cool down! Interval training is best described as performing bouts of higher effort with low-to-moderate recovery.

3. Fitness Training

GOAL: Improve cardiovascular fitness

WHY IT WORKS: You will burn maximum calories in a shorter period of time. Higher intensity workouts also help to improve cardiovascular performance, so that in the future you can exercise at higher and longer intensities.

HOW TO DO IT: No need to go any longer than 20 minutes when working at a high intensity. Extremely long workouts can lead to injury, fatigue or overtraining.

XRKADE DEMONSTRATION AT 7 FLAGS

We will be having a demonstration and chance to experience using some of the new interactive-video fitness equipment on Saturday Sept. 6th from 9:00 am -1 1:00 am. Marv Jones will be letting members try the equipment in his office at 7 Flags during the two hour span. Everyone should bring a friend and experience fun while getting a tremendous workout. I'll see you there.

OUTDOOR POOL CLOSING SEPTEMBER 7

The outdoor pool will be closing on Sunday September 7, 2008. We appreciate all of our members who use the pools and your continual support. The last day for swimming will be on Saturday September 6th.

Everyone have a great Fall and we'll see you indoors!

VEMMA NUTRITION



Do you take a multivitamin?

Liquid Vemma is a premium vitamin supplement packed with all the vitamins and minerals you need in a day.... **INCLUDING** all the fruits and vegetables you need in a day!!

Vemma is a free radical scavenger loaded with over 85 major trace and ultra-trace minerals, whole leave aloe vera and decaffeinated green tea.

It is shipped directly to your home and has a money back guarantee!!

For a sample of Vemma.. contact Jenae Halstead 278-8888 x715 or www.myvemmanutrition.com/jenaehalstead.

GET OUR NEWSLETTER VIA EMAIL... UPDATE YOUR EMAIL ADDRESS WITH THE FRONT DESK TODAY!!