



# Beaverdale

## 24/7 X-Press Newsletter

***Fitness***

**October 2008**

***Pilates***

### **Welcome to the first edition of the Beaverdale 24/7 X-Press Newsletter!**

We are launching this newsletter to help inform you of fitness related issues and to provide you with information you can use to get and stay healthy and fit. We will also use this newsletter to communicate with you and keep you informed about our offerings at the fitness center and any specials we are running. This newsletter will be issued once a month and you can pick it up at the fitness center or if you would like it delivered to your inbox (in full color!) by email, just send us an email at [dertl@7flags.com](mailto:dertl@7flags.com) and we will add you to our mailing list.

In each issue we will offer a Q&A to address a particular question, derived from questions we hear often from our members. If you would like to submit a question to us, send to [dertl@7flags.com](mailto:dertl@7flags.com) and we will try to answer it in a future newsletter. We hope you enjoy this newsletter. If you have other topics you would like to see us cover, please let us know that as well. This first issue will be a little different – it is focused on allowing you to get to know us better.

#### **Q & A: Who are you and why did you open this fitness center and Pilates studio in Beaverdale?**

We are both passionate about fitness and its health benefits. We wanted to share our passion by helping people take care of themselves and to become more fit and healthy. We did this by offering a convenient, affordable and non-intimidating fitness center and Pilates studio, and offering services such as personal training, fitness lifestyle coaching and weight loss coaching for those wanting to make measurable, lasting improvements in their health and fitness.

Angie is a licensed physical therapist, certified Pilates instructor and certified personal trainer. She has a B.S. degree from the University of Iowa and a Masters Degree in Physical Therapy from the Des Moines University. She worked for several years at Broadlawns Hospital in their PT department. While at Broadlawns she specialized in women's health, which is where she discovered the many benefits of Pilates. After our twin boys, Alex and Christian, were born in 1999, Angie stopped working full time at Broadlawns and started her own business, Third Power PT, and began teaching Pilates at the YMCA and at Plymouth Church. By the way, in case you are wondering, the name Third Power PT stands for: Physical Therapy, Pilates Training and Personal Training – the three PTs. Learn more at [www.ThirdPowerPT.com](http://www.ThirdPowerPT.com).

#### **This is the only Pilates studio in central Iowa whose instructor is a physical therapist!**

David is an NSCA certified personal trainer and a USA Cycling licensed coach. He has been a competitive cyclist for 36 years and has been a coach since 2002. He coaches individual cyclists as well as the Des Moines Cycle Club Race Team and the Iowa Chapter of the JDRF Ride to Cure Diabetes Team. You can learn more about his cycling and coaching at [www.CyclesportCoaching.com](http://www.CyclesportCoaching.com). David has a B.S. from the University of Connecticut and an M.S. and Ph.D. from Iowa State in plant breeding. He had a prior career of 23 years in research at Pioneer Hi-Bred in Johnston. This is David's second career and is allowing him to work in an area of great interest to him – helping people develop a healthy and fit lifestyle.

We chose to open the fitness center and Pilates studio in Beavertdale for a couple of reasons. First, it was underserved by fitness centers. This has been evident by the large proportion of our membership who did not belong to a fitness center prior to us opening. We feel good that we are providing a convenient facility that allows people the opportunity to exercise who have not done so before. Second, it was close to a large number of Angie's Pilates clients from her classes at Plymouth church, many of whom have followed her over here to take Pilates classes and have joined 24/7 X-Press.

The Beavertdale 24/7 X-Press facility is a franchise of 7 Flags in Clive, a well-known locally owned fitness center in the Des Moines area. We are the sole owners of this franchise and we staff the facility on a daily basis, except for Sundays.

Benefits of belonging to 24/7 X-Press in Beavertdale:

- Local convenient location in the Beavertdale neighborhood
- 24 hour access, 7 days a week
- Very affordable rates with no long term contracts
- Friendly, knowledgeable service and advice
- Limited weekend access to the main 7 Flags facility in Clive, including swimming pool

**Quick Fit Tip of the Month:** The best exercise to lose weight is to push yourself away from the dinner table. It is very difficult to lose weight only by exercising. It has been shown that the best way to safely lose weight and to keep the weight off long term is through a combination of improved eating habits and regular exercise.

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