



To the Orono Girls Fast Pitch Softball League,

We would like to extend a special offer to all of you participating in the Orono Girls Fast Pitch Softball League. Here at Snap Fitness in Long Lake we would like to offer to all of the families of the athletes one month **FREE** dues!

We are a spacious 5,000sq ft facility located in Long Lake right off of Highway 12 & West Industrial Blvd. Right next door to Sherwin Williams. We have a full line of Cybex strength and cardio equipment including the ARC trainer as well as dumb bells. We also have a variety of balance and stability equipment including Stability balls and the ever challenging BOSU ball. Any family who participates in this promotion will also receive an equipment orientation **and** a personal fitness consultation with one of our Fitness Professionals.

Our Fitness Professionals are certified and qualified to help you with your needs. The owners themselves have over 30 years of Personal Training experience behind them! We would like to help you with whatever your fitness goals may be. Whether you want to lose weight, build muscle, prevent injury, become a stronger athlete, or if you just want to feel better about yourself. We can help.

If you're looking for something fun and different we also offer Boot Camp which is currently offered three times weekly which is open to members and non-members. Boot Camp is a fun, fast paced group workout that includes a variety of challenging but fun exercises that will be both aerobic and strength based.

If you are interested in taking advantage of this special offer please contact us. Best of Health!

Be Well,

Jeff Kozlowski & Chris Spanier

Snap Fitness

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