



We welcome you to our facility!



Snap Fitness in Long Lake is now offering a class designed specifically for seniors. The Snap Seniors class is open to anyone 55 years of age or older who is looking to try something new and different. The Snap Seniors exercise class will focus on a variety of different exercises that will work your entire body in a safe and efficient manner.

Our specially trained Fitness Professionals will be there to help and guide you through a specially designed workout routine for you and your friends. The class will focus on cardiovascular, strength, coordination, balance, flexibility, and the muscles involved with your core.

The benefits of the Snap Senior class

- Increased physical and mental health
- Increased quality of life
- Increased flexibility for injury prevention
- The chance to meet new friends
- Great way to break out of the normal workout routine



The Snap Fitness Seniors class is a great way to lose fat, build muscle tone and strength, and to build up your endurance.

Snap Fitness in Long Lake boasts a spacious 5,000sq ft facility loaded with top of the line cardiovascular and strength equipment including the ARC trainer. We also carry a full line of stability equipment including Stability balls and Resist-a-bands. We even have a stretching area! To answer any questions you may have, a Fitness Professional is always on staff to help you with your needs.

This class will be offered three times weekly with classes being held on Monday, Wednesday, and Friday at 9 am. This class is open to members *and* non-members. The First time you take this class it's **FREE!!!** This class will run continually so you don't have to worry about missing out on the fun. If you have any questions regarding the Snap Fitness Seniors Class please contact us and get started in the fun!

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