

Ribbon Cutting for Snap Fitness Expansion in Cottage Grove

Snap Fitness held a ribbon cutting yesterday for another great 1800 sq/ft expansion of their facility at 8700 East Pt. Douglas Rd. in Cottage Grove. The expansion includes a 750 sq/ft “Fitness on Demand Room,” where various workout programs can be called up on a computer and projected onto a large screen. Customers can then use the equipment in the room and match the moves of the instructors on the screen. The room gives work out enthusiasts the ability to step, run and bend anytime their schedules permits. Owner, Josh Malaske, has also put together a full Group Fitness Class schedule which includes Cycling, Pilates, Yoga, Latin Hip Hop, Kickboxing and a whole lot more with a basic membership plan. For more information please call Josh at 651-769-2944 or go to their web site at <http://www.snapfitness.com/cottagegrove> .

