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Your Health Care

A Big Thank You from Snap Fitness

Local residents and owners of Snap Fitness, Trevor and Tricia Sears would like to thank their members and residents of Stouffville for all the support received over the past five months.

It took Trevor and Tricia close to a year to get from the early research on Snap Fitness to the Grand Opening day in December. Opening a new business always carries some risk, however the response from local residents has been astounding. "A lot of members really like the 24 hour access, 365 days a year" says Tricia. "You no longer have to rush home from work, get dinner ready for the family, throw in a load of laundry, and rush out the door to make it to the fitness club before it closes!"

Snap Fitness' April Member of the Month, Maria, lost 15 pounds in less than a month under the guidance of Franco Camillo, Certified Sports Therapist and Nutritionist. Maria simply followed his nutritional advice and workout routine and she is very happy with the results. Congratulations Maria! Each new member receives a free fitness

consultation with one of the expert Personal Trainers, along with a free equipment orientation.

See the Snap Fitness team ride the 'Big Bike' for the Heart and Stroke Foundation towards the end of May - or better yet, go in and book your own seat on the Big Bike!

Snap Fitness is located in the Stouffville Plaza at 5892 Main Street. Drop by for a tour or give them a call at 905 642 6300. You can also check out the website at www.snapfitness/stouffville.com.

Dr. Barbara Frackowiak

D.D.S., Cert. Ortho.
Specialist in Orthodontics



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Denture-Bite Problems?

Does your lower jaw close in front of your upper teeth like in the picture below? Chances are your teeth have worn down and your jaw is coming closer to your nose when you bite making chewing more difficult and causing premature wrinkles to form around the mouth.



Let us change your bite, your smile and your life.



COMPLIMENTARY CONSULTATION

Call George Winder, DD to book an appointment
"Serving Stouffville for Over 30 Years"
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