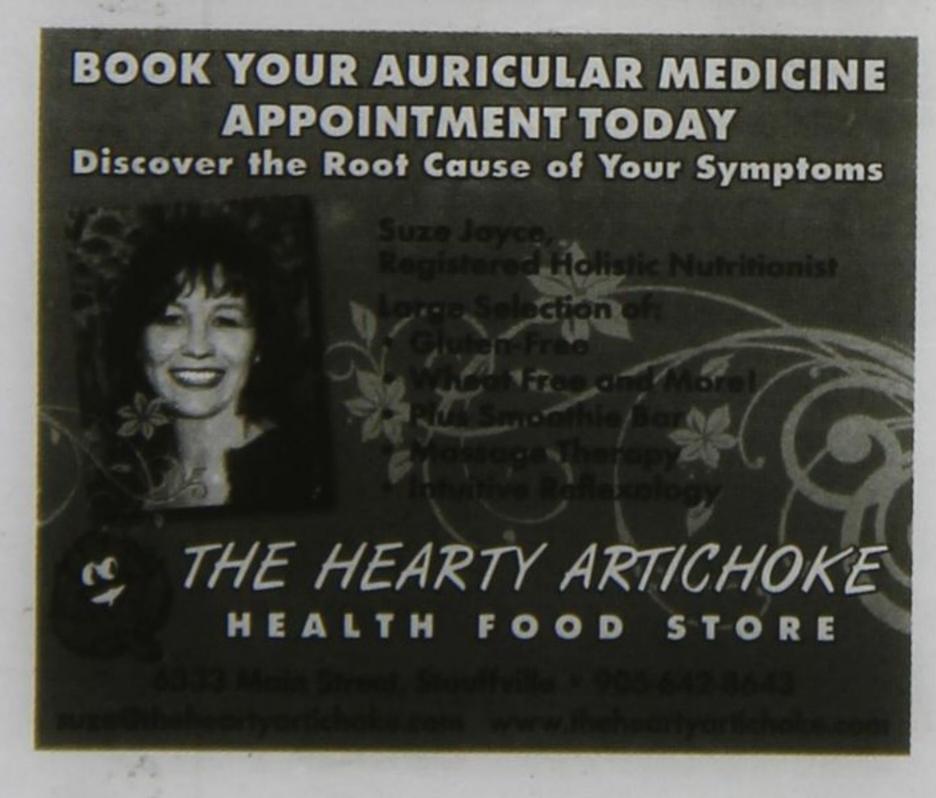


No Excuses! Look Good FEE GREAT





VIRTUAL FITNESS FUN AT SNAP FITNESS

We all know that we should do 20 - 30 minutes of cardio such as cycling, walking or running every day. Having various cardio options to suit your personal taste is important, which is why we provide many cardio options at Snap Fitness. These Include the exciting new Expresso Bikes, which combine interactive virtual reality with cycling - or 'Exergaming'.

prefer you cycling through a forest, a coastline, or a desert? The Expresso bikes have 30 different scenic bike routes from basic to extreme which you view on

your own personal monitor. You can even compete side buddy and race to the finish line. The system allows you to track your progress, distance, heart rate, speed and calories burned.

The Expresso bikes simulate the experience of biking outdoors by allowing you to shift gears and steer. Pedal resistance adjusts automatically with virtual Giant Tiger Plaza. Contact terrain changes. While testing the game I found it challenging to look at my neighbour and race without going off the virtual road. The bikes have a multi-

purpose pedal design to accommodate standard by side with your workout footwear, as well as Shimano SPD-compatible shoes.

Join Snap Fitness during the month of September and get the rest of the year for just \$199.00, includes enrollment. The club is open to members 24 hours a day 7 days a week.

Snap Fitness is located at 5892 Main Street, in the us at 905-642-6300 or www. snapfitness.com/stouffville.

> By Tricia Sears, Snap Fitness

Courtesy Denture Cleaning and Denture Fit Checkup

It is extremely important to have an oral examination annually, at which time your Denturist will assess the fit and function of your dentures and examine your overall oral health.

Stouffville Denture Clinic

Helping Stouffville keep their smiles bright and healthy.

no referral required

Michael Deegan DD Your Denture Specialist

DeeganDenture



