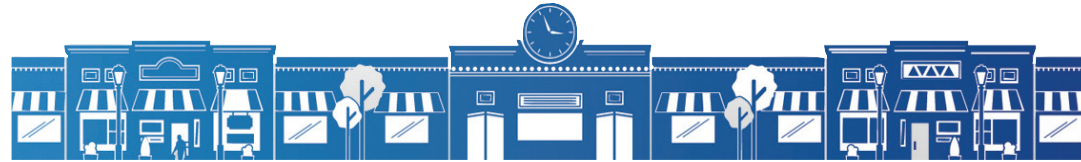


# SMALL BUSINESS SATURDAY

NOV 26



Small Business Saturday is the day that hometown businesses show the public why shopping local makes sense. Friendly service, convenient proximity, and unique options translate to sales in the frenzied rush of holiday shopping.

## Look good, feel great. Stop by Snap Fitness today!



Delano Snap Fitness Club Manager Traci Drake and General Manager Randy Roiger enjoy helping people of all ages and ability levels achieve their fitness goals.

PHOTO BY STARRLA CRAY

*‘We are so excited to see the small and large achievements our members make in their journeys toward better health.’*

– Christina Clark, owner of Snap Fitness centers along Highway 12 from Delano to Dassel

BY STARRLA CRAY  
Associate Editor

Looking for a way to improve your health, mood, and appearance all at the same time?

Jason and Christina Clark, who own Snap Fitness locations along Highway 12, from Dassel to Delano, have the answer. With equipment for weight-lifting, machines for cardio, and classes for group fitness, the Clark family is dedicated to helping people achieve their goals.

“Looking back on the 10 years that we have owned and operated Snap Fitness centers, we have seen firsthand the transformations that happen when our members make the effort each and every day toward their wellness goals,” noted Christina, a Dassel-Cokato High School graduate who grew up on a dairy farm near Winsted.

A membership to Snap Fitness is more affordable than many people think; insurance companies often cover some, if not all, of the membership cost.

“Stop by one of our Snap Fitness centers today to get started on your personal journey,” Christina noted. “We will help you out every step of the way. Ask our managers – they all have a personal story to tell you about how getting healthier has transformed their lives. They are walking billboards for us, and we are so thankful to have such a great team to work with.”

Delano Club Manager Traci Drake, for example, has a disability that contributed to weight gain in the past. Working out at Snap Fitness has helped her stay healthy, and she encourages others with health challenges to give the gym a try.

“Keep moving,” she said. “We have people here after cardiac surgery, and knee and hip replacements. Take it slow and talk to your doctor, but come in.”

For Drake, the best part of her job at Snap Fitness is the opportunity to help others.

“I like working with people,” she said. “Our members are really cool.”

### Why Snap?

- No contracts
- Affordable memberships
- Open 24 hours
- Complete cardio center
- Machine and free weights
- Free equipment orientation
- Showers and tanning available
- Free fitness consultations
- Access to personal trainers
- Health insurance rebates
- Friendly and clean environment