



## FULL SERVICE FITNESS CLUB

Combining sports training with sports conditioning & fitness. We are located inside Strength and Fitness Club, a 19,000 sq. ft. full service fitness club. Members receive exclusive Turf discounts!

- > Over 130 classes, included in membership!
- > Expansive Cardio Deck
- > Personal and Group Training
- > Child Care
- > Juice Bar (snacks, meals, protein shakes)
- > Mixed Martial Arts and Boxing Boot Camps
- > Sports Training
- > Cross Training
- > Batting Cages & Sports Camps
- > Youth Fitness Training

***Get started today with your FREE DAY PASS!***



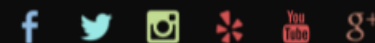
**The Turf at Strength and Fitness Club**

570 South Avenue East, Cranford, NJ 07016

(908) 272-3900

[strengthandfitnessclub@yahoo.com](mailto:strengthandfitnessclub@yahoo.com)

[www.snfclub.com](http://www.snfclub.com)





**TURF PERFORMANCE CLUB >> GET STRONGER >> GET FASTER >> GET BETTER**

### >> **BATTING CAGES**

Our state of the art, variable speed pitching machines are preloaded for baseball and softball.



### >> **YOUTH SPORTS CAMPS**

Baseball & Softball Camps for ages 3 & up including: Teeball, Rookie, Hitting Boot Camp, Fielding, Pitching, Catching. Our Soccer Camps are organized by the United Soccer Academy (USA).

Visit our website to view current program offerings.



### >> **INDIVIDUAL AND GROUP LESSONS**

Learn from the best coaches in the area specializing in pitching / fast pitch, catching, hitting, fielding, soccer, football and more!

### >> **CAGE & TURF RENTALS, TEAM PRACTICE & WINTER WORKOUTS**

Prepare in the off season, refine during the season. Practice year round in a climate controlled environment with these services:

#### >> Turf Rentals

- Single and multi-lane rentals
- Add a Coach Package: Train with our talented Sports Coaches
- Sports Conditioning Package: Train with our Sports Conditioning & Speed and Agility Coaches

#### >> Full Service: Let us handle it for you!

- Options include: Turf Usage, Instructors, Enrollment & Attendance Tracking, Payment processing and more!



### >> **SPORTS CONDITIONING**



Get the edge you need to perform at your best. The Turf Performance Club is a Group Training Program that specializes in sports conditioning and speed & agility. We train professional athletes and offer programs for adults and children ages 7 & up.

### >> **BIRTHDAY PARTIES & SPECIAL EVENTS**

Looking for a fun environment to host your next event or birthday party? At Strength and Fitness Club, we do things a little different to provide a full service experience for you and your guests. Choose from a Sports or Dance Party or create your own experience!



**SPACE IS LIMITED, BOOK YOUR RESERVATION TODAY.**





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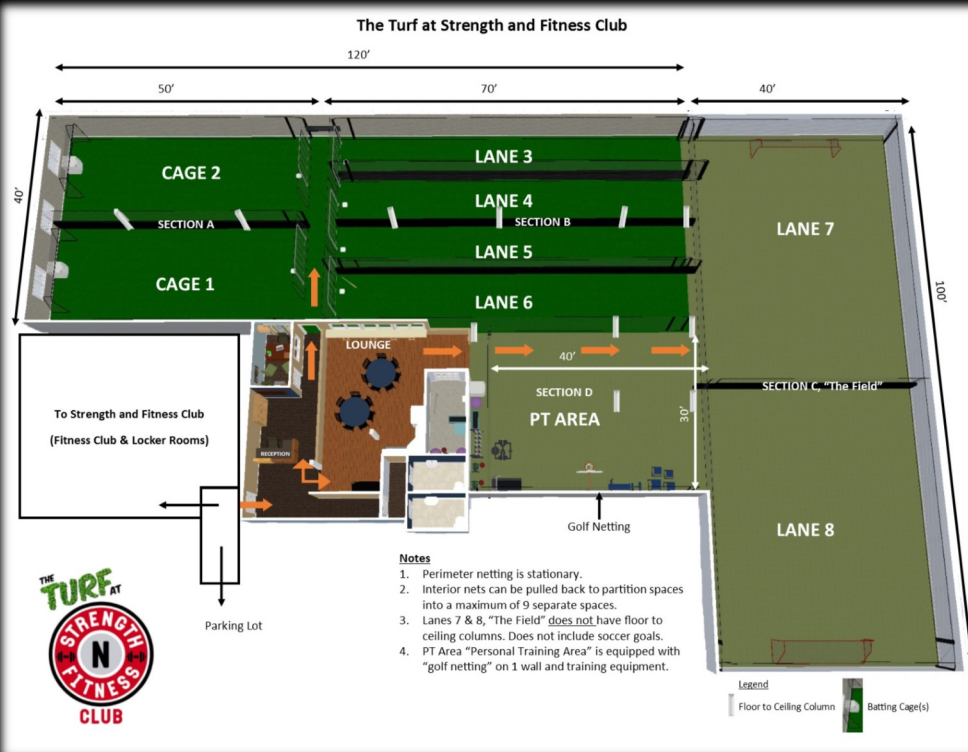
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## THE TURF: FLOORPLAN & DIMENSIONS



## THE FIELD (LANES 7 & 8)



## PT AREA



## BATTING CAGES



## LANES / TUNNELS



## PARENTS LOUNGE

