

# January/February 2014

## S.I.M Gym

### BRING A FRIEND AND SAVE

For the months of January, February and March you and your FRIEND will enjoy a reduced fee of only \$60 per month for the two of you!



Your FRIEND must be new to the S.I.M Gym and have an assessment.

By FRIEND we mean:

friend (of course! ) as well as spouse, lover, partner, confidant, neighbor, church member, etc, etc, etc....



For more information please see one of our S.I.M Gym Staff!

*February is  
Heart Month*

*Come 14 times in  
February to receive  
our new S.I.M GYM  
T-Shirt! Every time  
you come in and  
work out put a sticker  
on your heart on the  
front bulletin  
board!*

THINK ABOUT HOW  
FAR YOU'VE COME  
**TODAY**  
AND HOW MUCH  
FARTHER YOU'LL GO  
**TOMORROW**

*If you are  
going away  
please fill out a  
membership  
hold form and  
hand it to a  
staff member!  
You can put  
your  
membership on  
hold for 2 weeks  
or more!*

*You can reach us at 56 Governor's Rd, Dundas,  
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www.sjv.on.ca*

