

S.I.M GYM

January/February 2018

Please join us on January 8th, 2018 from
10am-2pm to celebrate our
10th Anniversary!

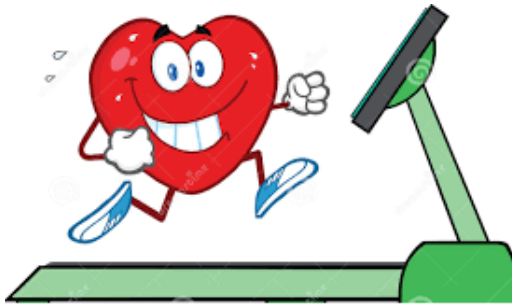
Food, fun, classes and special S.I.M GYM
swag for everyone who attends!

Bring a friend to try out our classes for free.

Brain Teasers

1. A girl who was just learning to drive went down a one-way street in the wrong direction, but didn't break the law. How is that possible?
2. What can you catch but not throw?
3. What occurs once in every minute, twice in every moment, yet never in a thousand years?
4. Feed me and I live, yet give me a drink and I die. Who am I?
5. What number comes next in the sequence? 2 4 8
10 20 _

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 prior to starting!



February is Heart month!
Stay tuned for your cardio challenge!

Lunch and Learn 2018

The talks take place in the auditorium of St. Joseph's Villa from **11:30am -1pm**

Jan 18th - Kristen Parise talks about pelvic floor health.

Feb 8th - Helen Martin speaks about her personal experience with ovarian cancer.



- Brain teaser answers:
1. She was walking
 2. A cold
 3. The letter m
 4. Fire
 5. 22—the sequence alternates +2, X2

