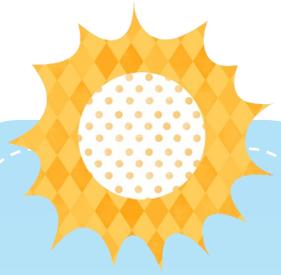


S.I.M GYM July/August 2015

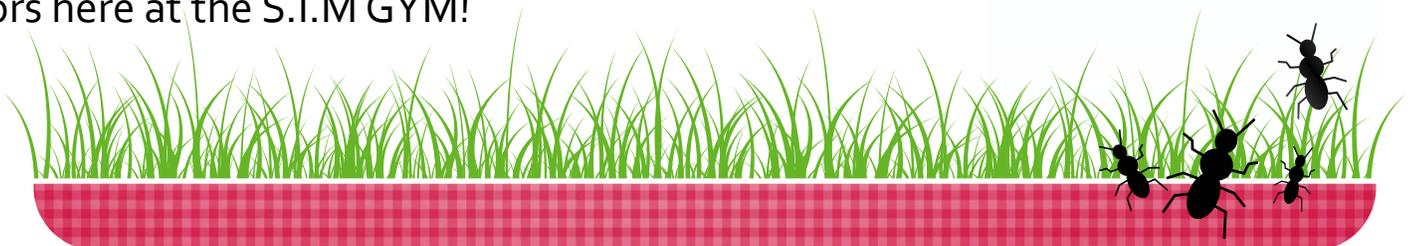


The Making of a Fitness Instructor

There is a lot of behind the scenes work that goes into a great fitness instructor. The certification takes time and effort to accomplish! Online courses, conferences, workshops and countless hours in learning in order to provide a safe, fun and effective workout for a wide array of participants. Putting together the music, moves, choreography, timing and practice, practice, practice! Being able to read people's body language to gauge moods, finding the words, tone, and volume to motivate people to keep going as well as being able to think on the spot and offer an array of options for all the different participants in the class. I think we are all very lucky to have such talented fitness instructors here at the S.I.M GYM!



S.I.M
GYM
will be
closed
on Wed
July 1st
and
Monday
August
3rd 2015



Brainteasers

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. A sundial has the fewest moving parts of any timepiece. Which has the most?
3. What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?

Hot and Humid Weather Ahead

As we get deeper into summer the hot and humid days will be upon us! Please keep in mind that as the humidity increases so will your own body temperature but it is ok to sweat! The S.I.M Gym is air conditioned and we strive to keep the gym comfortable for exercising! We also have a water cooler in the back of the gym so you can keep hydrated!

Remember to always listen to your body!

S.I.M GYM
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**It's not the
years in your
life that count.
It's the life
in your years!**

(Abe Lincoln)

1. The river was frozen.
2. An hourglass, with thousands of grains of sand.
3. Take the first letter of each word and place it at the end. It will spell the same word backwards.

Answers: