



S.I.M GYM

March/April 2014

Fore the Love of Golf!



Is your golf game slacking?
Do you need a little bit of help?
Does your golf swing leave you....?
Using other four letter words?

Other than luck your golf swing is the only thing that will help improve your game- it's not all in the club ya know!

Join us at the S.I.M Gym every Wednesday in April at 10:30am Fore the Love of Golf! This exercise class will strengthen your body and help improve your golf game
Please call or come in to reserve your spot!

Hot Summer Deal Pre pay for June, July and August for only \$90!

Gardening will make your lawn look fabulous but keeping up with your workout will make you **feel** fabulous!

Do both this summer with this great deal!

This deal will include a water bottle to keep you hydrated!



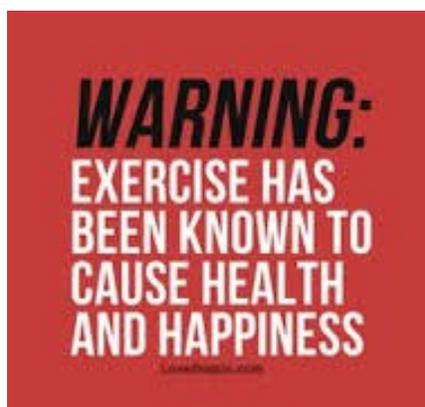
Thank you to all who completed the Satisfaction Survey this past month. We will keep them out for ongoing feedback and ideas/suggestions. While much of what we do is limited by grants and funding; we want to do our best to maintain the high level of service the SIM gym is structured to provide. Your opinion is important to us. I would also like to apologize for any disturbance you may encounter with tours in progress. We are in a major campaign for this site to add 12 more long term care beds to the Villa. The foundation was instrumental in our securing our program room and they like to show the SIM gym to potential donors. Thank you as always for your support and membership!

Tamara Johnson

Director of Community Programs and Services

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Is it time for a change?

Are you looking to revamp your
workout?

Need some advice on how to take it
to the next level?

Want to change it up?

Book a complimentary re-assessment
with Lori

It only takes about an hour

Or if you just want to know how to
work a machine or a different way to
work a muscle please ask!