

Challenge Equals Change!

Are you up for the challenge? All you need to do is set a weight loss goal and a fitness goal to be eligible to win a great S.I.M Gym T-Shirt! Your fitness goal choices are: cardio, strength or flexibility.

This challenge will run from April 2-30th. Everyone who achieves their goals will receive a T-Shirt! Please see a staff member for more information or to register your goals!

We Wish you
and your
family and
very Happy
Easter!



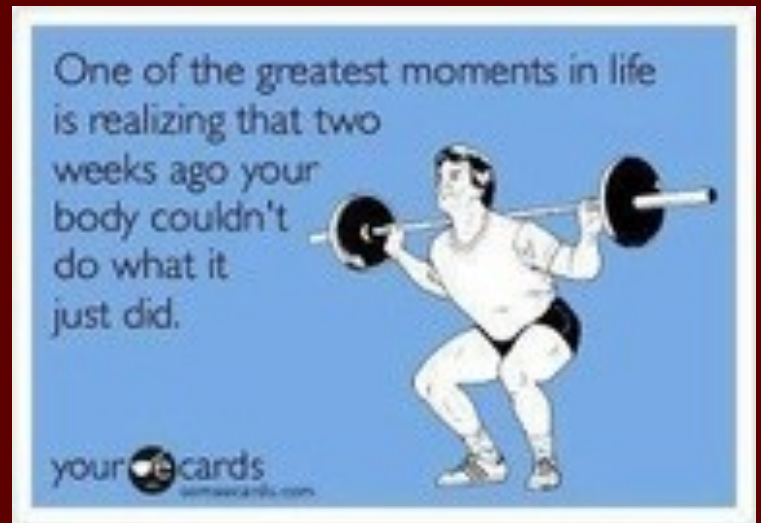
We will be
closed on Friday
March 29th
and Monday
April 1st 2013

Inspiration

Aging can be difficult at times, we all go through it. It is important to remember that even though our physical appearance changes, our spirit does not. Some people in their 70s and 80s are much younger than some people in their 20s or 30s. It all comes down to one thing and that is our outlook on life. Everybody is looking for the fountain of youth, but what they often are unaware of is that the fountain of youth can be found by simply looking within oneself.

www.squidoo.com

Please note that as of
March 1st, 2013 our
express classes will be
canceled.
Sorry for any
inconvenience.



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**Don't forget if you have any
questions or concerns to
contact Carolynn Thompson
Supervisor of the S.I.M Gym at
ext 2232**