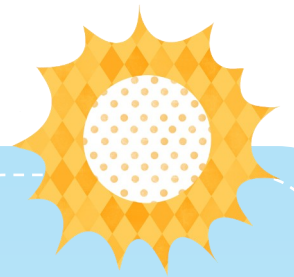


May/June 2012



S.I.M Gym Angels

Thanks to our amazing boss Tamara for letting us go to the Gala with her! All of her hard work and efforts are greatly appreciated!



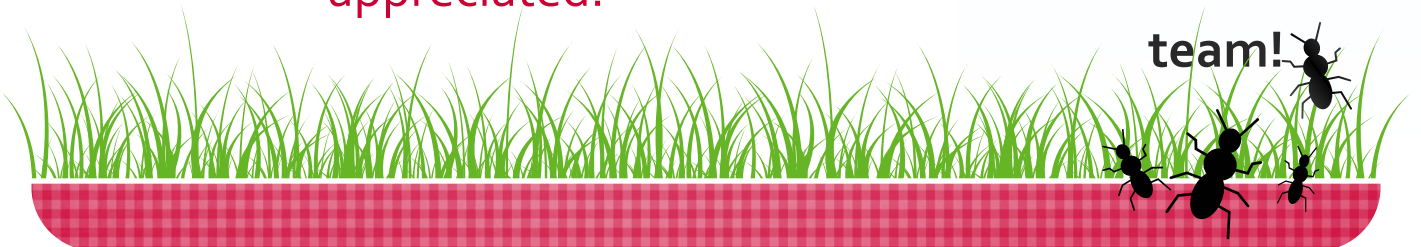
**The Grand
Re-Opening of
the S.I.M Gym
June 21/12**

New Equipment

New Classes

Same Crazy Staff

**We are happy
to announce
Leticia Nunez
will be joining
the S.I.M Gym
team!**





Happy Mother's and Father's Day to
all of our wonderful members!



The spin bikes are coming the spin bikes are coming!
Once again Thanks to Tamara for putting in the
proposal to New Horizons to add spin bike classes to
our great schedule! Watch for the start of this heart
pumping class!

**Are you ready to get your
Zumba on???**

**Brenda is a Certified
Zumba Instructor and
she will make you shimmy
and sweat to a funky beat!
Look for her class on the
new schedule!**

You can reach us at

905-627-3541
ext 2109

seniorsinmotion.net

s.i.mgym@sjv.on.ca

