

S.I.M GYM

September/October 2013

Our New schedule will begin Monday
September 9th, 2013

	Monday	Tuesday	Wednesday	Thursday	Friday
7:45am		ZUMBA			
8:00am			BALANCE	SPIN	
8:30 am	HI/LO	STRENGTH TRAINING	HI/LO	STRENGTH TRAINING	HI/LO
9:30 am	YOGA		MENS STRENGTH		TAI CHI FITNESS
12:30pm	TAI CHI FITNESS	SPIN	BEGINNERS YOGA	SPIN	ZUMBA
1:30 pm		GENTLE STRENGTH TRAINING		GENTLE STRENGTH TRAINING	
1:45 pm	SIT AND BE FIT		SIT AND BE FIT		SIT AND BE FIT
2:30 pm	BEGINNERS BALANCE				

The classes haven't changed - same great instructors!
Some of the class times have changed to allow for
time in-between classes.

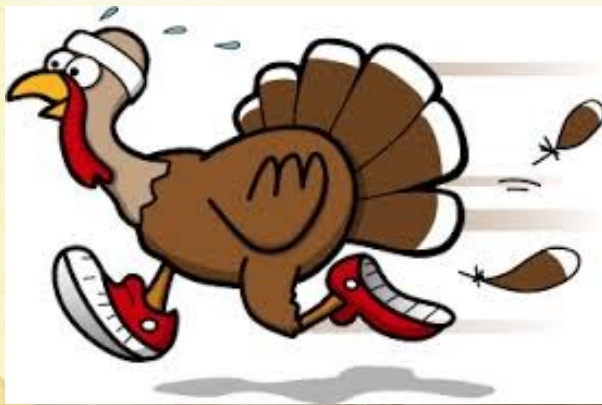
Don't forget the S.I.M GYM will be closed

Monday September 2, 2013 and Monday October 14th, 2013

Our Annual
Turkey Burner will be
held on Friday Oct 11,
2013

Join us for a fun filled
hour of exercise!
Treats to follow!

If you write us a letter of
support (explain the
benefits of the gym for
you) and attend the
Turkey Burner you will
get yourself a fine S.I.M
Gym T-Shirt!



**I was wondering....why do you
come to the S.I.M GYM?**

Did your doctor tell you that you
need to exercise? Did you find us
by chance? Did a good friend tell
you about their amazing experience
at the gym?

Did you come because you HAD to
and found something so much bigger
than exercise here? Have you
found new friends here that share
so much more than an exercise ex-
perience?

Is this your escape from caring for
a loved one – a well deserved
break from life?

Or have you always exercised and
you enjoy the variety of classes and
the atmosphere of the gym?

We have a great community of
people who care for each other in
and away from the gym and I think
that's what keeps you coming
back...what do you think?

***Take care of your body.
It's the only place you have to live in.***