



S.I.M GYM

**2008 -
2018**

St. Joseph's
Villa  **Dundas**



Come and celebrate the
10th Anniversary
of our
“Seniors In Motion” Gym
On January 8th, 2018!

**Open house from 10 -2 with
free 1/2 hour trial classes**
Come early to get a spot
15 People per class- first
come, first serve.

10:00 am -Spin
11:00 am - Strength
11:30 am - Aerobics
12 noon- Yoga
12:30 pm - Tai Chi
1:00 pm - Balance
1:30 pm - Sit and Be Fit
Come and check us out
St. Joseph's Villa
56 Governor's road,
Second floor
905-627-3541 ext 2109