

# Have you heard the news? The S.I.M Gym is having free classes!



	Monday	Tuesday	Wednesday	Thursday	Friday
7:45am		ZUMBA			
8:00am				SPIN	
8:15 am			BALANCE		
8:30 am		STRENGTH TRAINING		STRENGTH TRAINING	
9:00 am	HI/LO		HI/LO		HI/LO
9:30 am	YOGA		MENS STRENGTH		TAI CHI FITNESS
12:45pm	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				

**We offer a wide variety of classes to suit every body! We have 10 spin bikes available per class.**

**Who: Anyone 55 and better**

**What: Free exercise classes**

**When: June 10-14, July 15-19, August 12-16**

**Where: S.I.M Gym at St. Joseph's Villa**

**Why: Why not???**

**Need more info? [www.sjv.on.ca](http://www.sjv.on.ca)**

**905-627-3541 ext2109**

**[s.i.mgym@sjv.on.ca](mailto:s.i.mgym@sjv.on.ca)**