

January/February 2019



The S.I.M

GYM

will be

closed on

February

18th, 2019

for

Family

Day.

What do you want to be in 2019?

New year, New you challenge! What are you going to be in 2019? Fill out the new years resolution paper and put it on the front board.

You have two months to get to your goal. You will do a weekly check-in with a staff member and we will give you a sticker to put on your paper. At the end of February if you have completed your goal you will receive a t-shirt! (while supplies last)

fit

strong

balanced

bold

Riddles

What is in seasons, seconds, centuries and minutes but not in decades, years or days?

Many have heard it, but nobody has ever seen it. It will not speak back until spoken to. What is it?

Did you hear the one about a chemist who was reading a book about helium?

What time is spelled the same forwards and backwards?



New Schedule starts January 14th, 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 am		DANCE AEROBICS			DANCE AEROBICS
8:00am			FALLS PREVENTION	SPIN	
8:30 am	AEROBICS	STRENGTH TRAINING	AEROBICS	STRENGTH TRAINING	SPIN
9:30 am	YOGA		MENS STRENGTH		TAI CHI FITNESS
12:30pm	TAI CHI FITNESS	SPIN	GENTLE YOGA		
1:00 pm					FALLS PREVENTION
1:30 pm		GENTLE STRENGTH TRAINING		GENTLE STRENGTH TRAINING	
1:45 pm	SIT AND BE FIT		SIT AND BE FIT		SIT AND BE FIT



Noon
He couldn't put it down



An echo



The Letter "n"

		1	8			7
	3	2			6	5
1	9			5	4	8
4		7	6		8	5
	7					4
2	5		9	8		6
3	1	6			9	2
	5	7		4		6
6			3	1		



Seasonal Affective Disorder

It's that time of year when some people are affected with SAD. Seasonal Affective Disorder or SAD is a form of depression that occurs during the same time every year. Less sunlight, colder weather is enough to make some people want to stay indoors and hide in their beds.

SAD can actually start in the fall and go until spring but most cases occur in the deep winter months. People with extreme symptoms of SAD - decreased energy levels, increased desire to be alone, or increased depression should seek advice from their medical doctor.

How to ease the lighter SAD (the winter blues) symptoms:

Get outside for some vitamin D!

Make sure you eat whole foods and drink water daily!

Exercise will help to boost your serotonin

(the happy chemical in your brain) level.

Come to the gym, try a new class, and sweat daily!