



S.I.M GYM

March/April 2019



Lunch and Learn

Bring your Lunch and Learn! Talks take place from 11:30-1pm in the auditorium.

March 21st Lisa Tabrizi, ND will be speaking about nourishing your mood.

May 9th Avi Singh, Physiotherapist will speak about rotator cuff and shoulder pain.

What's new at the S.I.M GYM?

What do you want to be in 2019? This is a theme that will run all year. Please ask for any help with reaching your 2019 goals!

The step mill will be departing and making way for new equipment.

The Falls Prevention class runs Wednesdays at 8am and Fridays at 1pm. This class is suitable for everyone and provides the opportunity to improve balance and stability in a non-intimidating environment.

Snow day policy as of March 1, 2019 and moving forward, we will close when McMaster University closes due to weather. Please stay tuned to your local radio/tv for closure updates.

Scan Cards

Please scan in every day you visit the gym as we need to track those numbers. If you don't have a scan card please let Lisa or Lori know.

Email address and Facebook



Do you want to receive emails from the S.I.M GYM? Please fill out the form at the front to make sure we have the correct email! Find us on Facebook to keep up with all the information at the S.I.M GYM.

The
S.I.M
GYM
will be
closed
April
19th
and
April
22nd,
2019

Happy Easter!



Is this class appropriate for me?

Aerobics- Classic aerobics steps like grapevines, v-steps, and mambos are part of this cardio class to increase your heart rate. Suitable for all fitness levels.

Dance Aerobics- Each song has easy to follow choreography with space for you to add your own flair! No dance experience required.

Falls Prevention -This class provides the opportunity to improve balance and stability in a non-intimidating environment.

Gentle Strength Training- Standing class where you work at your own pace/level using balls, weights and bands.

Gentle Yoga- Safe, compassionate, non-competitive environment that is welcoming to all yoga levels.

Men's Strength- Learn proper form, gain strength and have fun!

Sit and Be Fit- Seated cardio, strength and flexibility class using weights, bands and balls.

Spin- The class focuses on aerobic endurance and interval training on a spin bike. The intensity of the ride is under your control.

Strength Training- High energy circuit style class where you get up and down off the floor and use weights, and different pieces of equipment.

Tai Chi Fitness- A slow moving mindful meditation.

Yoga- Postures, breathing techniques and meditation to help with strength and flexibility of the mind and body.

Fitness for Breath Class

B R E A T H E
the lung association

Our Sit and Be Fit class will incorporate the Fit For Breath Program. Class will be same time 1:45pm-2:15pm with the option for a 15 minute cardio session on the machines. Fitness for Breath engages older adults with chronic lung disease in regular physical activity to motivate them to maintain an active lifestyle, help to manage their lung disease and to continue the gains received from their participation in pulmonary rehabilitation (PR) programs.

Volunteer at the Villa

Did you know that if you volunteer for only four hours per month you S.I.M GYM membership is only \$30?

Contact Deborah at ext 2240 for more information!

