



NOVEMBER/DECEMBER 2019

S.I.M GYM Member info

Going away for 2 weeks or more?

Fill out a membership hold form at the front and give to a staff member.

Please scan in only if you are paying monthly.

Please be respectful and mindful that we are all here for different reasons and doing different things. If you need help with your own workout please do not hesitate to ask a staff member for assistance.

S.I.M GYM Book Club

Join us Nov 14th from 12-1:30pm for our first book club meeting! We will be picking a book and discussing the guidelines for the club. In future we will be meeting the 2nd Thursday of the month.

Holiday hours

Dec 23 8-4

**Dec 24
8-12**

**Closed
Dec**

25,26,27

Dec 30 8-4

**Dec 31
8-12**

Closed

Jan 1

Jan 2 8-4



**Cold and Flu Season are upon us.
Make sure you cough and sneeze**

Cover your cough



**into your elbow, wash your
hands often and if you feel
unwell stay home.**

Top 10 things to do to stay sane this
holiday season



1. Make sure you are getting enough sleep
2. Keep up with your fitness routine
3. Drink water
4. Eat well
5. Give back
6. Surround yourself with family and/or friends that make you happy
7. Say no to things that don't serve you
8. Laugh and make time for fun
9. Breathe for a count of five on the inhale and five on the exhale
10. Take time for you

Thank you for another amazing year at the
S.I.M GYM!