


OUR PERSONAL *TRAINERS*

Personal Trainers are available on site during specified hours to help you with your fitness plan **at no cost.**

IF YOU **DON'T USE IT,**
YOU COULD **LOSE IT,**
BUT YOU CAN **ALWAYS GET IT BACK.**

OUR *CONTACT*

 (905) 627-3541 x 2109 or 2291

 56 Governor's Rd, Dundas

 s.i.mgym@sjv.on.ca

 www.sjv.on.ca/community-services/sim-gym/



START YOUR **HEALTHY LIFE** TODAY



I survived a class at the
S.I.M GYM

St. Joseph's
Villa & Dundas



S.I.M GYM

SENIORS IN MOTION

St. Joseph's Villa, Dundas



JOIN OUR COMMUNITY

Feel comfortable in our space by being part of a community of others who share your same passion.

BELIEVE IN YOURSELF

OUR *CLASSES*

UNLIMITED ACCESS TO:

- Spin
- Strength
- Cardio Core
- Dance Fitness
- Yoga
- Sit & Be Fit
- Tai-Chi
- Gentle Strength
- Falls Prevention

Offered at various times throughout the week.

**AGING IS NOT LOST YOUTH
BUT A NEW STAGE OF
OPPORTUNITY & STRENGTH**

**OPEN 365 DAYS
6 AM - 10 PM**

**FOR ADULTS
55+ YEARS
YOUNG**

**ONLY
\$35 PER MONTH**

One-time \$25 sign-up &
\$10 key fob fee

NO HOLDING FEES

**LOVE
YOUR
BODY**

