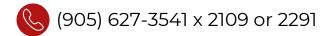
# OUR PERSONAL TRAINERS

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

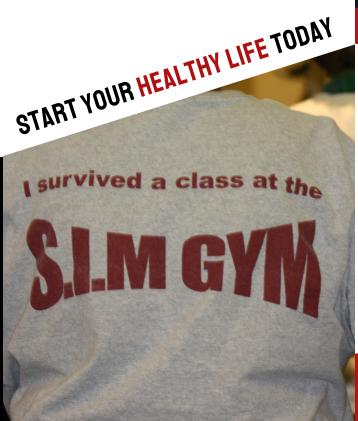




s.i.mgym@sjv.on.ca



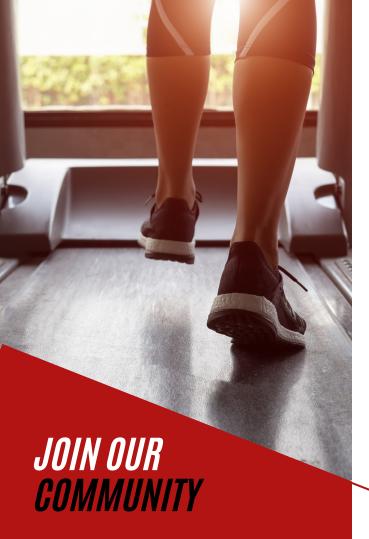






## S.I.M GYN SENIORS IN MOTION

St. Joseph's Villa, Dundas



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

