

S.I.M GYM

Seniors In Motion

**OPEN 365 DAYS A YEAR
FROM 6AM - 10PM**

For adults 55+

**ONLY
\$35 per month!
No holding fees!**

One-time \$25 sign-up and \$10 key fob fee includes a session with one of our Personal Trainers who can help you develop your personalized goals.

Unlimited access to
18 classes weekly!



Phone

(905) 627-3541 x 2109 or 2291

Email

s.i.m.gym@sjv.on.ca

Location

56 Governor's Rd, Dundas

Website

[www.sjv.on.ca/
community-services/sim-gym/](http://www.sjv.on.ca/community-services/sim-gym/)

