

DECEMBER

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

				1 NHCHC CLOSED
4 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	5 SIT & FIT 11-12	6 AQUA FIT 11-12	7 SIT & FIT 11-12	8
11 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	12 SIT & FIT 11-12	13 AQUA FIT 11-12	14 SIT & FIT 11-12	15
18 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	19 SIT & FIT 11-12	20 AQUA FIT 11-12	21 SIT & FIT 11-12	22
25 NHCHC CLOSED	26 NHCHC CLOSED	27	28	29

MERRY



FITNESS

MONDAY Jan 1, 2018 – NHCHC CLOSED



NorthHamilton

Community Health Centre

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