

JANUARY 2018

DIABETES EXERCISE CALENDAR

Jan 2 – 5 : NHCHC GYM OPEN 8-4 ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NHCHC CLOSED 1	2	AQUA FIT 3 11-12	4	5
TAI CHI 10-11 8 YOGA 10-11 AQUA FIT 11-12	SIT & FIT 9 11-12	AQUA FIT 10 11-12	SIT & FIT 11 11-12	12
TAI CHI 10-11 15 YOGA 10-11 AQUA FIT 11-12	SIT & FIT 16 11-12	AQUA FIT 17 11-12	SIT & FIT 18 11-12	19
TAI CHI 10-11 22 YOGA 10-11 AQUA FIT 11-12	SIT & FIT 23 11-12	AQUA FIT 24 11-12	SIT & FIT 25 11-12	26
TAI CHI 10-11 29 YOGA 10-11 AQUA FIT 11-12	SIT & FIT 30 11-12	AQUA FIT 31 11-12		



NorthHamilton
Community Health Centre