

MARCH 2018

DIABETES EXERCISE CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**March Break Fitness Challenge
12-16th**

5 TAI CHI 10-11
YOGA 10-11
AQUA FIT 11-12

12 TAI CHI 10-11
YOGA 10-11
AQUA FIT 11-12

19 TAI CHI 10-11
YOGA 10-11
AQUA FIT 11-12

26 AQUA FIT
11-12

6 SIT & FIT
11-12

13 SIT & FIT
11-12

20 SIT & FIT
11-12

27 SIT & FIT
11-12

7 AQUA FIT
11-12

14 AQUA FIT
11-12

21 NHCHC CLOSED
8-1

28 AQUA FIT
11-12

1 SIT & FIT
11-12

8 SIT & FIT
11-12

15 SIT & FIT
11-12

22 SIT & FIT
11-12

29 SIT & FIT
11-12

2 THINK POSITIVELY
3 EXERCISE DAILY
4 EAT HEALTHY
5 WORK HARD
6 STAY STRONG
7 WORRY LESS
8 DANCE MORE
9 LOVE OFTEN
10 BE HAPPY

23 NHCHC
CLOSED

30 NHCHC
CLOSED



NorthHamilton
Community Health Centre