




Regular Gym Hours:
CLOSED Daily from 12pm – 1pm
 Monday - Thursday: 8am – 5pm
 Friday: 8am – 4pm
Sit and Fit located at NHCHC, Main Level

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Easter NHCHC CLOSED</p>	<p>Sit and Fit Class 11:00 am - 12:00 pm</p>		<p>Sit and Fit Class 11:00 am - 12:00 pm</p>	
	<p>Sit and Fit Class 11:00 am - 12:00 pm</p>	<p>Gym Closed 1:00 pm – 4:00 pm</p>	<p>Sit and Fit Class 11:00 am - 12:00 pm</p>	
	<p>Sit and Fit Class 11:00 am - 12:00 pm</p>	<p>NHCHC CLOSED 8:00 am – 11:00 am</p>	<p>Sit and Fit Class 11:00 am - 12:00 pm</p>	
	<p>Sit and Fit Class 11:00 am - 12:00 pm</p>	<p>Gym Closed 1:00 pm – 5:00 pm</p>	<p>Sit and Fit Class 11:00 am - 12:00 pm</p>	