



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Gym Open 8:00 AM – 4:00 PM	3
6 Civic Day NHCHC CLOSED	7	8	9 Gym Open 8:00 AM – 4:00 PM	10
13	14	15	16	17
20	21	22	23	24
27 Gym Open 8:00 AM – 4:00 PM	28	29	30	31 

Fitness Challenge to come! Aug 13th - 17th