

# December


## Gym Hours

**Closed Daily from 12pm-1pm**

Monday to Thursday: 8am-5pm

Friday: 8am-4pm

Happy Holidays!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>NHCHC</b> <b>CLOSED</b>
<b>4</b>	<b>5</b> <b>SIT &amp; FIT</b> <b>11-12</b>	<b>6</b>	<b>7</b> <b>SIT &amp; FIT</b> <b>11-12</b>	<b>8</b>
<b>11</b>	<b>12</b> <b>SIT &amp; FIT</b> <b>11-12</b>	<b>13</b> <b>NHCHC</b> <b>CLOSED</b> <b>8-11</b>	<b>14</b> <b>SIT &amp; FIT</b> <b>11-12</b>	<b>15</b>
<b>18</b>	<b>19</b> <b>SIT &amp; FIT</b> <b>11-12</b>	<b>20</b>	<b>21</b> <b>SIT &amp; FIT</b> <b>11-12</b>	<b>22</b>
<b>25</b> <b>NHCHC</b> <b>CLOSED</b>	<b>26</b> <b>NHCHC</b> <b>CLOSED</b>	<b>27</b>	<b>28</b>	<b>29</b>

**MONDAY Jan 1, 2018 – NHCHC CLOSED**



**NorthHamilton**

Community Health Centre