

february




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
			1 Sit and Fit Class 11:00 am - 12:00 pm	2
5	6 Sit and Fit Class 11:00 am - 12:00 pm	7	8 Sit and Fit Class 11:00 am - 12:00 pm	9
12	13 Sit and Fit Class 11:00 am - 12:00 pm	14	15 Sit and Fit Class 11:00 am - 12:00 pm	16
19 NHCHC CLOSED	20 Sit and Fit Class 11:00 am - 12:00 pm	21 GYM CLOSED 8:00 am – 11:00 am	22 Sit and Fit Class 11:00 am - 12:00 pm	23
26	27 Sit and Fit Class 11:00 am - 12:00 pm	28		