

# JULY

\*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
2 <b>Canada Day NHCHC CLOSED</b>	3	4	5	6
9	10	11	12	13
16	17	18	18	20
23	24	25 <b>Gym Closed 1:00 PM – 4:00 PM</b>	26	27
30 <b>Gym Closed 4:00 PM – 5:00 PM</b>	31			