



JUNE

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
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4	5	6	7	8
11	12	13 Gym Closed 1:00 PM – 4:00 PM	14	15
18	19	20 Gym Closed 8:00 AM – 11:00 AM	21	22
25	26	27	28	29