






NorthHamilton
Community Health Centre

MARCH

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
	 		Sit and Fit Class 11:00 am - 12:00 pm	
5	Sit and Fit Class 11:00 am - 12:00 pm	7	Sit and Fit Class 11:00 am - 12:00 pm	9
12	Sit and Fit Class 11:00 am - 12:00 pm	14	Sit and Fit Class 11:00 am - 12:00 pm	16
19	Sit and Fit Class 11:00 am - 12:00 pm	NHCHC Closed 8:00 am – 1:00 pm	Sit and Fit Class 11:00 am - 12:00 pm	23
26	27	28	29	Good Friday NHCHC Closed



Fitness Challenge March 12th-16th

