



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	3 Sit and Fit Class 11:00 am - 12:00 pm	4
7	8 Sit and Fit Class 11:00 am - 12:00 pm	9	10 Sit and Fit Class 11:00 am - 12:00 pm	11
14	15 Sit and Fit Class 11:00 am - 12:00 pm	16 NHCHC Gym Closed 8:00 am – 11:00 am	17 Sit and Fit Class 11:00 am - 12:00 pm	18
21 Victoria Day NHCHC CLOSED	22 Sit and Fit Class 11:00 am - 12:00 pm	23	24 Sit and Fit Class 11:00 am - 12:00 pm	25
28	29	30	31	