


Gym Hours

Closed Daily from 12pm-1pm
 Monday to Thursday: 8am-5pm
 Friday: 8am-4pm

November Fitness Challenge Month

Monday	Tuesday	Wednesday	Thursday	Friday
 FITNESS		1	2 SIT & FIT 11-12	3 FITNESS CHALLENGE Leg Day
6	7 SIT & FIT 11-12	8	9 SIT & FIT 11-12	10 FITNESS CHALLENGE Arm Day
13 NHCHC CLOSED	14 SIT & FIT 11-12	15	16 SIT & FIT 11-12	17 FITNESS CHALLENGE Cardio Day
20	21 SIT & FIT 11-12	22	23 SIT & FIT 11-12	24 FITNESS CHALLENGE Core Day
27 NHCHC CLOSED 1-5	28 NHCHC CLOSED	29 NHCHC CLOSED 1-5	30 SIT & FIT 11-12 NHCHC CLOSED 1-5	NHCHC CLOSED



North Hamilton
 Community Health Centre

DIABETES AWARENESS
 HOPE . PEACE . CURE

