



# OCTOBER

\*Regular Gym Hours\*:  
**CLOSED Daily from 12pm – 1pm**  
 Monday - Thursday: 8am – 5pm  
 Friday: 8am – 4pm

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 <b>Thanksgiving NHCHC Closed</b>	9	10	11	12 <b>NHCHC Closed at 12 to have: Park N Party (2-6PM)</b>
15	16	17	18	19
22	23	24 <b>Gym Closed 1:00 pm - 4:00 pm</b>	25	26
29 <b>NHCHC Closed</b>	30 <b>NHCHC Closed</b>	31 <b>NHCHC Closed</b> 		