



**NEW YORK**  
**CHIROPRACTIC**  
**COLLEGE**

# NOVEMBER 2017

## HEALTH & FITNESS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 PICKLEBALL 10 - 1 PM	3	4
5	6	7 PICKLEBALL 4:30-7 PM	8	9 PICKLEBALL 10 - 1 PM	10	11
12	13	14 PICKLEBALL 4:30-7 PM	15	16 PICKLEBALL 10 - 1 PM	17	18
19	20	21 GYMNASIUM CLOSED 5 - 7 PM MYNDERSE BBALL	22	23 HEALTH & FITNESS CENTER CLOSED THANKSGIVING	24 HEALTH & FITNESS CENTER CLOSED THANKSGIVING	25 HEALTH & FITNESS CENTER CLOSED THANKSGIVING
26 HEALTH & FITNESS CENTER CLOSED THANKSGIVING	27	28 PICKLEBALL 4:30-7 PM	29	30 PICKLEBALL 10 - 1 PM		

**HOURS  
 OF  
 OPERATION**

MONDAY - THURSDAY - 6 AM - 9 PM  
 FRIDAY - 6 AM - 7 PM  
 SATURDAY - 7 AM - 1 PM  
 SUNDAY - 9 AM - 2 PM

FRONT RECEPTION DESK - 315-568-3259  
 HEALTH & FITNESS CENTER OFFICE - 315-568-3254 OR 3255



FACEBOOK.COM/NYCCEALTHFITNESS