



NEW YORK
CHIROPRACTIC
COLLEGE

DECEMBER 2018

HEALTH & FITNESS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
BREAK HOURS - MONDAY - THURSDAY - 6 AM - 7 PM - FRIDAY - 6 AM - 6 PM						HFC CLOSED COMMENCEMENT
						8
2	3	4	5	6	7	
GYM CLOSED COMMENCEMENT		PICKLEBALL 4:30 - 7 PM	GYM CLOSED 3:30 - 5:30 PM	PICKLEBALL 10 - 1 PM		
9	10	11	12	13	14	15
PICKLEBALL - 10 - 12 PM		GYM CLOSED 3:30 - 6 PM	PICKLEBALL 4 - 7 PM	PICKLEBALL 10 - 1 PM		
16	17	18	19	20	21	22
PICKLEBALL - 10 - 12 PM	BREAK HOURS	BREAK HOURS PICKLEBALL 4:30 - 7 PM	BREAK HOURS GYM CLOSED 3:30 - 5:30 PM	BREAK HOURS POOL CLOSED 4-6 PM PICKLEBALL 10 - 1 PM	BREAK HOURS	HFC CLOSED
23	24	25	26	27	28	29
HFC CLOSED	HFC CLOSED	HFC CLOSED	BREAK HOURS	BREAK HOURS	BREAK HOURS	HFC CLOSED
30	31	CHRISTMAS	PICKLEBALL 4 - 7 PM	PICKLEBALL 10 - 1 PM		
HFC CLOSED	HFC CLOSED					

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