



**Centre Name:** Kanetskare Recreation Centre  
**Address:** 251 Duke Street.  
**Phone:** 905 546 3747

**For real time program info:**  
[hamilton.ca/gym](http://hamilton.ca/gym)



GYM SCHEDULE – SUMMER 2024 – July 2, 2024 – September 1, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm-1:45pm		<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm-1:45pm				
<b>Chair Fit</b> (55+) 1:45pm – 2:45pm		<b>Chair Yoga</b> (55+) 1:45pm – 2:45pm				

**NOTES: Centre will be Closed July 1, 2024 (Canada Day), August 5, 2024 (Civic Holiday) and September 2, 2024 (Labour Day)**  
 Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.