



Centre Name: Stoney Creek Recreation Centre
Address: 45 King St. W
Phone: 905 546 3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SUMMER 2024 – July 2, 2024 – September 1, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Cardio, Balance & Strength (55+) 11:00am-12:00pm \$2.50 Admission	Fitness (55+) 11:30am-12:30pm \$2.50 Admission		
			Chair Fit (55+) 12:15-1:15pm \$2.50 Admission	Cardio, Balance & Strength (55+) 12:45-1:45pm \$2.50 Admission		

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.