



Centre Name: Kanetskare Recreation Centre
Address: 251 Duke Street.
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+) 12:45pm-1:45pm \$3.05 per visit		Cardio, Balance & Strength (55+) 12:45pm-1:45pm \$3.05 per visit				
Chair Fit (55+) 1:45pm – 2:45pm \$3.05 per visit		Chair Yoga (55+) 1:45pm – 2:45pm \$3.05 per visit				

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.