



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 \$3.05 Admission | Fitness (55+) 11:30am-12:30pm \$3.05 Admission | | |
| | | | Chair Fit (55+) 12:15-1:15pm \$3.05 Admission | Cardio, Balance & Strength (55+) 12:45-1:45pm \$3.05 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.