



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 – FALL 2024 – September 3, 2024 – December 22, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Fitness 55+ (55+) 12:30-1:30pm \$3.05 admission		Cardio, Balance & Strength (55+) 11:00am-12:00pm \$3.05 admission	Fitness 55+ (55+) 11:30am-12:30pm \$3.05 admission		
	Cardio, Balance & Strength (55+) 1:45pm-2:45pm \$3.05 admission		Chair Fit (55+) 12:15-1:15pm \$3.05 admission	Cardio, Balance & Strength (55+) 12:45-1:45pm \$3.05 admission		
				Senior Social (55+) 1:00-3:00pm Free		

NOTES: Centre will be Closed October 14, 2024 (Thanksgiving)

Drop In Fitness programs are cancelled on Friday September 6, 2024

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.

Senior Social begins on September 20th