



Centre Name: Stoney Creek Recreation Centre
Address: 45 King Street West
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – HOLIDAY 2024 – December 23, 2024 – January 5, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Cardio, Balance & Strength (55+) 11:00am-12:00pm \$3.05 admission	Fitness 55+ (55+) 11:30am-12:30pm \$3.05 admission		
			Chair Fit (55+) 12:15pm-1:15pm \$3.05 admission	Cardio, Balance & Strength (55+) 12:45pm-1:45pm \$3.05 admission		

**NOTES: Centre will be Closed December 25, 2024 (Christmas), December 26, 2024 (Boxing Day) and January 1, 2025 (New Years Day).
 Centre will be closed at 4pm on December 24, 2024 and December 31, 2024**

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