



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 – WINTER 2025 – January 6, 2025 – April 6, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Fitness 55+ (55+) 12:30am-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+) 12:45pm-1:45pm \$3.05 admission		
				Senior Social (55+) 1:00-3:00pm Free		

NOTES: Centre will be Closed on February 17, 2025 (Family Day)

There will be no Senior Social on March 12, 2025 (March Break)

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