



Centre Name: Sir Allan MacNab
 Address: 148 Magnolia Drive
 Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – MARCH BREAK 2025 – MARCH 10, 2025 – March 16, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cardio Balance and Strength (55+) 9:30-10:30am *\$3.05 cost each visit*					
	Chair Fit (55+) 10:45-11:45am *\$3.05 cost each visit*					
	Open Social – Free (55+) 10:00 – 11:15am					

NOTES:

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