



Centre Name: Kanétskare Recreation Centre
Address: 251 Duke Street
Phone: 905-546-3111

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 & Strength (55+) 12:45pm – 1:45pm *\$3.05 per visit		Cardio, Balance & Strength (55+) 12:45pm – 1:45pm *\$3.05 per visit				
Chair Fit (55+) 1:45pm – 2:45pm *\$3.05 per visit		Chair Fit (55+) 1:45pm – 2:45pm *\$3.05 per visit				

NOTES: We will NOT have access to the gym from March 10-16, 2025.

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

*Price subject to change