



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

**For real time program info:**  
[hamilton.ca/gym](http://hamilton.ca/gym)



<b>GYM SCHEDULE – MARCH BREAK 2025 – MARCH 10, 2025 – March 16, 2025</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm – 1:45pm <b>*\$3.05 per visit</b>		<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm – 1:45pm <b>*\$3.05 per visit</b>				
<b>Chair Fit</b> (55+) 1:45pm – 2:45pm <b>*\$3.05 per visit</b>		<b>Chair Fit</b> (55+) 1:45pm – 2:45pm <b>*\$3.05 per visit</b>				

**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