



**Centre Name:** Stoney Creek Recreation Centre  
**Address:** 45 King St. W  
**Phone:** 905-546-3747

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



GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Fitness 55+</b> (55+) 12:30am-1:30pm \$3.05 admission		<b>Cardio, Balance &amp; Strength</b> (55+) 11:00am-12:00pm \$3.05 admission	<b>Fitness 55+</b> (55+) 11:30am-12:30pm \$3.05 admission		
	<b>Cardio, Balance &amp; Strength</b> (55+) 1:45pm-2:45pm \$3.05 admission		<b>Chair Fit</b> (55+) 12:15-1:15pm \$3.05 admission	<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm-1:45pm \$3.05 admission		
				<b>Senior Social</b> (55+) 1:00-3:00pm <b>Free</b>		

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

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

**There will be no Fitness 55+ or Cardio, Balance & Strength, March 14, 2025**

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