



**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 – SPRING 2024 – APRIL 1, 2024 – JUNE 30, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>Cardio, Balance &amp; Strength</b> (55+) 11:00am-12:00pm <b>\$2.50 Admission</b>	<b>Fitness</b> (55+) 11:15am-12:15pm <b>\$2.50 Admission</b>		
			<b>Chair Fit</b> (55+) 12:15-1:15pm <b>\$2.50 Admission</b>	<b>Cardio, Balance &amp; Strength</b> (55+) 12:30-1:30pm <b>\$2.50 Admission</b>		
				<b>Senior Social</b> (55+) 1:00-3:00pm <b>Free</b>		

**NOTES: Centre will be Closed April 1, 2024 (Easter Monday) and May 20, 2024 (Victoria Day)**

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