



Hamilton

**Ryerson Recreation Centre, 251 Duke St
905-546-3111**

GYM SCHEDULE – October 3, 2022 to December 17, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Cardio Balance & Strength (55+) 12: 45-1: 45pm \$2.27 per visit	Basketball (13-17) 8:00-9:30pm	*Cardio Balance & Strength (55+) 12: 45-1: 45pm \$2.27 per visit		Open Gym (Family) 6:00-7:30pm	
*Chair Fit (55+) 1: 45-2: 45pm \$2.27 per visit		*Chair Yoga (55+) 1: 45-2: 45pm \$2.27 per visit		Basketball (13-17) 7: 30-9: 30pm	
		Badminton (18+) 7: 30-9: 15pm			

NOTES: Centre will be closed on Monday October 10, 2022 (Thanksgiving)

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

** This initiative was made possible by the Affordable Access to Recreation Strategy, which subsidizes short-term community engagement opportunities, programs and initiatives, for free or at a reduced fee. For more information about available subsidies, visit <https://www.hamilton.ca/recreation/recreation-assistance-program>.*