



Hamilton

**Stoney Creek Recreation Centre, 45 King St. W.  
905-546-2196**

## **GYM SCHEDULE – September 6, 2022 to December 24, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>Fitness</b> (55+) 10:00-11:00am \$2.37 Admission		
				<b>Cardio, Balance and Strength</b> (55+) 12:30-1:30pm \$2.37 Admission		
				<b>Senior Social</b> (55+) 1:00-3:00pm		

**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.