



Hamilton

**Stoney Creek Recreation Centre**

**905-546-2196**

**GYM SCHEDULE – December 27, 2022 to January 8, 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>Fitness</b> (55+) 11:15-12:15pm \$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 December 25, 26 and January 1**

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