



Stoney Creek Recreation Centre
45 King Street W.
905-546-2196

GYM SCHEDULE – January 9, 2023 to April 2, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Cardio, Balance and Strength (55+) 11:30am-12:30pm \$2.37 Admission	
					Cardio Beat (55+) 12:45-1:45pm \$2.37 Admission	
					Cardio, Balance and Strength (55+) 2:00-3:00pm \$2.37 Admission	
					Senior Social (55+) 1:00-3:00pm	

NOTES: Centre will be Open for modified program schedule Monday February 20, 2023

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