



Hamilton

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>*Cardio Balance &amp; Strength</b> (55+) 12:45-1:45pm \$2.37 per visit	<b>Basketball</b> (13-17) 8:00-9:30pm	<b>*Cardio Balance &amp; Strength</b> (55+) 12:45-1:45pm \$2.37 per visit		<b>Basketball</b> (13-17) 6:00-7:45pm	<b>Open Gym</b> (Family) <b>FREE</b> 9:30-11:00am
<b>*Chair Fit</b> (55+) 1:45-2:45pm \$2.37 per visit		<b>*Chair Yoga</b> (55+) 1:45-2:45pm \$2.37 per visit		<b>Basketball</b> (18+) 7:45-9:30pm	
		<b>Badminton</b> (18+) 7:30-9:15pm			

### NOTES: Centre will be closed on February 20, 2023 (Family Day)

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>.