



**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
			<b>Cardio, Balance &amp; Strength</b> (55+) 1:15pm-2:15pm \$2.37 Admission	<b>Fitness</b> (55+) 11:30am-12:30pm \$2.37 Admission		
				<b>Cardio, Balance &amp; Strength</b> (55+) 12:45-1:45pm \$2.37 Admission		
				<b>Senior Social</b> (55+) 1:00-3:00pm		

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

**Thursday Cardio, Balance and Strength will start on Thursday January 19, 2023.**

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