



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

GYM SCHEDULE – January 9, 2023 to March 13, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Cardio, Balance & Strength (55+) 1:15pm-2:15pm \$2.37 Admission	Fitness (55+) 11:30am-12:30pm \$2.37 Admission		
				Cardio, Balance & Strength (55+) 12:45-1:45pm \$2.37 Admission		
				Senior Social (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.

Facilities Maintenance Closure March 14 to April 2.

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