



Centre Name: Stoney Creek Recreation Centre
Address: 45 King St. W
Phone: 905-546-2424 x 2196
Email: recreation@hamilton.ca

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – January 8, 2024 to March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Cardio, Balance and Strength (55+) 12:30pm-1:30pm \$2.50 Admission	Fitness (55+) 11:15am-12:15pm \$2.50 Admission		
			Chair Fit (55+) 1:45pm-2:45pm \$2.50 Admission	Cardio, Balance and Strength (55+) 12:30-1:30pm \$2.50 Admission		
				Senior Social (55+) 1:00-3:00pm		

NOTES: Centre will be **closed Monday February 19, 2024 (Family Day)**
Centre will be closed on Friday March 29, 2024 (Good Friday)

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