



Centre Name: Stoney Creek Recreation Centre
Address: 45 King St. W
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SPRING 2025 – April 7, 2025 – June 29, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Fitness 55+ (55+) 12:30pm-1:30pm \$3.05 admission		Cardio, Balance & Strength (55+) 11:00am-12:00pm \$3.05 admission	Fitness 55+ (55+) 11:30am-12:30pm \$3.05 admission		
	Cardio, Balance & Strength (55+) 1:45pm-2:45pm \$3.05 admission		Chair Fit (55+) 12:15-1:15pm \$3.05 admission	Cardio, Balance & Strength (55+) 12:45pm-1:45pm \$3.05 admission		
				Senior Social (55+) 1:00-3:00pm Free		

NOTES: Centre will be Closed on April 18, 2025 (Good Friday), April 21, 2025 (Easter Monday) and Monday May 19, 2025 (Victoria Day).

Senior Social (55+)- Cancelled April 25, 2025

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

NOTE: 55+ fitness programs cancelled over March Break March 11th to 15th