



**Centre Name:** Kanétskare Recreation Centre  
**Address:** 251 Duke Street  
**Phone:** 905-546-3111

**For real time program info:**  
[hamilton.ca/gym](https://hamilton.ca/gym)



GYM SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm – 1:45pm <b>*\$3.05 per visit</b>		<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm – 1:45pm <b>*\$3.05 per visit</b>				
<b>Chair Fit</b> (55+) 1:45pm – 2:45pm <b>*\$3.05 per visit</b>		<b>Chair Yoga</b> (55+) 1:45pm – 2:45pm <b>*\$3.05 per visit</b>				

**NOTES: Centre will be Closed July 1, 2025 (Canada Day), August 4, 2025 (Civic Holiday) and September 1, 2025 (Labour Day)**  
Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.