



Centre Name: Sir Allan MacNab
Address: 145 Magnolia Drive
Phone: 905 546 3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cardio Balance and Strength (55+) 9:30-10:30am					
	Chair Fit (55+) 10:45-11:45					

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.