



Stoney Creek Recreation Centre
45 King St. W
905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Fitness 55+ (55+) 12:30am-1:30pm \$3.20 admission		Cardio, Balance & Strength (55+) 11:00am-12:00pm \$3.20 admission	Fitness 55+ (55+) 11:30am-12:30pm \$3.20 admission		
	Cardio, Balance & Strength (55+) 1:45pm-2:45pm \$3.20 admission		Chair Fit (55+) 12:15-1:15pm \$3.20 admission	Cardio, Balance & Strength (55+) 12:45pm-1:45pm \$3.20 admission		
				Senior Social (55+) 1:00-3:00pm Free		

NOTES: Centre will be Closed October 13, 2025 (Thanksgiving)

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

Senior Social Begins on Friday September 26, 2025