



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

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



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

**NOTES: Fitness 55+ (11:30am-12:30pm) cancelled Friday September 12, 2025. Centre will be Closed Monday 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 12, 2025**