



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+) 12:30-1:30pm \$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: 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