



Sir Allan MacNab Recreation Centre
145 Magnolia Drive
905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – HOLIDAY 2025 – December 22, 2025 – January 4, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cardio Balance and Strength (55+) 9:30am-10:30am *Admission \$3.18*					
	Chair Fit (55+) 10:45am-11:45am *Admission \$3.18*					

NOTES: Centre will be Closed December 25, 2025 (Christmas), December 26, 2025 (Boxing Day) and January 1, 2026 (New Years Day). Centre will be closed at 4pm on December 24, 2025 and December 31, 2025

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