



**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 – HOLIDAY 2025 – December 22, 2025 – January 4, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Fitness 55+</b> (55+) 12:30-1:30pm \$3.20 admission					
	<b>Cardio, Balance &amp; Strength</b> (55+) 1:45pm-2:45pm \$3.20 admission					

**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.