



Hamilton

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

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026

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		
			Stability, Strength and Tone (55+) 1:30-2:30pm \$3.20 admission	Senior Social (55+) 1:00-3:00pm Free		

NOTES: Centre will be Closed on February 16, 2026 (Family Day)

Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)