



Winona Community Centre
255 Winona Rd.
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
Chair Fit (55+) 11:15am-12:15pm \$3.18 admission	Pilates (55+) 9:15-10:15am \$3.18 admission	Pickleball (18+) 9:30am-12:00pm	Open Gym (Parent & Tot) 1:45-2:45pm FREE In partnership with EarlyON	Pickleball (18+) 9:00-10:30am	Open Gym (13-17yrs) 1:00-2:30pm Free	Open Gym (Family) 9:15-10:45am
Cardio, Balance & Strength (55+) 12:30pm-1:30pm \$3.18 admission	Pickleball (18+) 2:30-4:45pm	Open Gym (13-17yrs) 3:00-4:30pm Free	Pickleball (18+) 3:15-4:45pm	Open Gym (Parent & Tot) 11:00am-12:00pm FREE In partnership with EarlyON		Volleyball (13-17yrs) 12:15-1:30pm
Pickleball (18+) 3:15-4:45pm	Game Time Family (All Ages) 5:30-7:30pm	Game Time Family (All Ages) 5:30-7:30pm	Tai Chi (55+) 6:15-7:15pm \$3.18 admission	Open Gym (6-12yrs) 5:00-6:00pm		
Volleyball (16+) 7:30-9:00pm	Volleyball (16+) 7:30-9:00pm		Basketball (18+) 7:30-9:00pm	Basketball (13-17yrs) 6:00-8:00pm		
				Youth Room (12-17yrs) 5:00-8:00pm		

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

Pickleball 18+ will be cancelled in Friday March 6 for PA Day Camp

Centre will be on a modified schedule From March 14-22, 2026 (March Break)

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