



# Stoney Creek Recreation Centre

45 King St W | 905-546-3747

## Gym Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:

[www.hamilton.ca/gym](http://www.hamilton.ca/gym)

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	--	<b>Fitness (55+)</b> 12:30 pm – 1:30 pm *\$3.18 admission	--	<b>Cardio, Balance &amp; Strength (55+)</b> 11:00 am-12:00 pm *\$3.18 admission	<b>Fitness (55+)</b> 11:30 am – 5:30 pm \$3.18 admission	--	--
2	--	<b>Cardio, Balance &amp; Strength (55+)</b> 1:45 pm – 2:45 pm *\$3.18 admission	--	<b>Chair Fit (55+)</b> 12:15 pm-1:15 pm *\$3.18 admission	<b>Cardio, Balance, and Strength (55+)</b> 12:45 pm – 1:45 pm *\$3.18 admission	--	--
3	--	--	--	<b>Stability Strength and Tone (55+)</b>	<b>Senior Social</b>	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1:30 pm-2:30 pm *\$3.18 admission	<b>(55+)</b> 1:00 pm – 3:00 pm *Free		

**Notes:**

- Centre will be Closed Monday May 18, 2026 for Victoria Day.
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.