



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

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

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

Notes:

- Centre will be Closed May 18, 2026 for Victoria Day
- Senior Social Ends June 19, 2026
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.