



Sir Allan MacNab Recreation Centre

145 Magnolia Drive | 905-546-3747

Gym Schedule Summer 2026

June 29 – September 7, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	--	Cardio Balance and Strength 55+ 09:15 am – 10:15 am Admission \$3.18	--	Cardio Balance and Strength 55+ 09:30 am – 10:30 am Admission \$3.18	--	--	--
2	--	Chair Fit 55+ 10:30 am – 11:30 am Admission \$3.18	--	Chair Fit 55+ 10:45 am – 11:45 am Admission \$3.18	--	--	--

Notes:

- Centre will be Closed July 1, 2026 for Canada Day
- Centre will be Closed August 3, 2026 for Civic Holiday
- Centre will be closed September 7, 2026 for Labour Day.
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.

