



Stoney Creek Recreation Centre

45 King St W | 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	--	Fitness (55+) 12:30 pm – 1:30 pm *\$3.30 admission	--	Cardio Balance & Strength (55+) 11:00 am – 12:00 pm	Fitness (55+) 11:30 am – 12:30 pm *\$3.29 admission	--	--
2	--	Cardio Balance & Strength (55+) 1:45 pm – 2:45 pm *\$3.29 admission	--	Chair Fit (55+) 12:15 pm – 1:15 pm *\$3.29 admission	Cardio Balance & Strength (55+) 12:45 pm – 1:45 pm *\$3.29 admission	--	--
3	--	--	--	Stability Strength & Tone (55+) 1:30 pm – 2:30 pm	--	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				*\$3.29 admission			

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.