



Hamilton

**Ryerson Recreation Centre, 251 Duke St
905-546-3111**

GYM SCHEDULE –September 6, 2022 to October 2, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Cardio Balance & Strength (55+) 12:45-1:45pm \$2.27 per visit</p>		<p>*Cardio Balance & Strength (55+) 12:45-1:45pm \$2.27 per visit</p>		
<p>*Chair Fit (55+) 1:45-2:45pm \$2.27 per visit</p>		<p>*Chair Yoga (55+) 1:45-2:45pm \$2.27 per visit</p>		

NOTES: Centre will be closed on Monday October 10, 2022 (Thanksgiving)

** This initiative was made possible by the Affordable Access to Recreation Strategy, which subsidizes short-term community engagement opportunities, programs and initiatives, for free or at a reduced fee. For more information about available subsidies, visit <https://www.hamilton.ca/recreation/recreation-assistance-program>.*

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.