



Stoney Creek Recreation Centre

45 King St. W

905-546-2196

GYM SCHEDULE –April 3, 2023 to June 25, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Cardio, Balance and Strength (55+) 12:30am-1:30pm \$2.37 Admission	Fitness (55+) 11:30am-12:30pm \$2.37 Admission		
			Chair Fit (55+) 1:45am-2:45pm \$2.37 Admission	Cardio, Balance and Strength (55+) 12:45-1:45pm \$2.37 Admission		
				Senior Social (55+) 1:00-3:00pm		

NOTES: Centre will be closed Friday April 7, 2023 (Good Friday), Monday April 10, 2023 (Easter Monday) and Monday May 22, 2023 (Victoria Day)

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