



Hamilton

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Cardio Balance & Strength (55+) 12:45-1:45pm \$2.37 per visit	Basketball (13-17) 8:00-9:30pm	* Cardio Balance & Strength (55+) 12:45-1:45pm \$2.37 per visit		Basketball (13-17) 6:00-7:45pm	Open Gym (Family) FREE 9:30-12:00pm
* Chair Fit (55+) 1:45-2:45pm \$2.37 per visit		* Chair Yoga (55+) 1:45-2:45pm \$2.37 per visit		Basketball (18+) 7:45-9:30pm	
		Badminton (18+) 8:00-9:30pm			

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

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

* 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>.