



Hamilton



**TIM HORTONS FIELD**  
64 Melrose Ave. (Premium Entrance)  
905-546-2424 EXT. 7136

## **GYM SCHEDULE**

**June 27 to August 22, 2016**



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Cardio Balance and Strength</b> (16+ years) 5:30-6:30pm		<b>Zumba Kids®</b> (Families Welcome) (6-12 years) 6:00-6:45pm		
<b>Musical Theatre/Art Expression</b> (6-12 years) 6:00-6:45pm		<b>Zumba®</b> (16+ years) 7:00- 8:00pm		
<b>Musical Theatre/Art Expression</b> (13-17 years) 6:45-7:30pm		<b>Sports Blast goes to the Stadium</b> (9-12 years) 6:00-7:00pm		
<b>Sports Blast goes to the Stadium</b> (6-8 years) 7:30-8:15 pm		<b>Sports Blast goes to the Stadium</b> (13-17 years) 7:00-8:00pm		
<b>30 M Core</b> (16+ years) 8:30-9:00pm				

**NOTE: ALL ABOVE PROGRAMS ARE FREE ADMISSION**

**All programs are capped at 20 participants each. Children under 7 years old must be accompanied by an adult 18+. Street parking on Melrose Ave is available.**