



ASHLAND RECREATION CENTER

SUMMER 2018, MAY 27 - AUGUST 18

ACTIVITIES/FITNESS CLASSES LISTED ARE INCLUDED WITH REGIONAL AND LOCAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR NEIGHBORHOOD LEVELS.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H.I.I.T. High Intensity Interval Training 6:00- 6:45 p.m.		Total Body Conditioning 6:00 - 7:00 p.m.			

SilverSneakers® honored at this site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 6:00 a.m. - 5:45p.m. 7:00 - 8:30 p.m.	Open Gym 6:00 a.m- 6:00pm	Open Gym 6:00 a.m. - 5:45 p.m. 7:00-8:30 p.m	Open Gym 6:00 a.m. - 6:30 p.m.	Open Gym 11:30 a.m- 8:30 p.m	Open Gym 8:00 a.m. - 2:00 p.m.
	Open Volleyball Ages 16 + 6:00 p.m. - 8:00 p.m.		Full Court Basketball Ages 19+ 6:30 p.m. - 8:30 p.m.		

MY Denver youth activities schedule available on site.
 The gymnasium may close for My Denver activities
 between 1 – 4 pm weekdays.

HOURS OF OPERATION: MONDAY - THURSDAY (6:00a - 8:30p) | FRIDAY (11:30a - 8:30p) | SATURDAY (8:00a - 2:00p) | SUNDAY (closed)

ASHLAND RECREATION CENTER, 2475 W. DUNKELD PLACE, DENVER, CO 80211 | 720.865.0510 | DENVERGOV.ORG/RECREATION