



# CENTRAL PARK RECREATION CENTER

SUMMER 2018, MAY 27 – AUGUST 18

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Indoor Cycling</b> 5:45 - 6:45 a.m.	<b>Vinyasa Yoga</b> 6:00 - 7:00 a.m.	<b>Indoor Cycling</b> 5:45 - 6:45 a.m.	<b>Indoor Cycling</b> 5:45 - 6:45 a.m.	<b>Indoor Cycling</b> 5:45 - 6:45 a.m.	
	<b>Yoga II</b> 6:00 - 7:00 a.m.	<b>Open Cycling</b> 8:45 - 9:45 a.m.	<b>Power Sculpt</b> 5:45 - 6:45 a.m.	<b>Vinyasa Yoga</b> 6:00 - 7:00 a.m.	<b>T'ai Chi</b> 7:30 - 8:30 a.m.	
<b>Vinyasa Yoga</b> 8:30 - 9:30 a.m.	<b>Club: Walking Group</b> 8:30 - 10:00 a.m.	<sup>Kw</sup> <b>ZUMBA®</b> 9:00 - 10:00 a.m.	<sup>Kw</sup> <b>ZUMBA®</b> 9:00 - 10:00 a.m.	<b>Open Cycling</b> 8:45 - 9:45 a.m.	<sup>Kw</sup> <b>SilverSneakers® Circuit</b> 8:45 - 9:45 a.m.	<sup>Kw</sup> <b>ZUMBA®</b> 8:15 - 9:15 a.m.
<b>H.I.I.T.</b> 9:45 - 10:30 a.m.	<sup>Kw</sup> <b>ZUMBA GOLD®</b> 8:45 - 9:45 a.m.	<sup>Kw</sup> <b>Yoga II</b> 10:30 - 11:30 a.m.	<sup>Kw</sup> <b>SilverSneakers® Classic</b> 10:30 - 11:30 a.m.	<sup>Kw</sup> <b>Essentrics™</b> 8:45 - 9:45 a.m.		<sup>Kw</sup> <b>Indoor Cycling</b> 8:30 - 9:30 a.m.
<b>Essentrics™</b> 11:00 a.m. - 12:00 p.m.	<sup>Kw</sup> <b>SilverSneakers® Classic</b> 10:00 - 11:00 a.m.	<b>H.I.I.T.</b> 12:00 - 12:45 p.m.	<sup>Kw</sup> <b>SilverSneakers® Yoga</b> 11:45 a.m. - 12:45 p.m.	<sup>Kw</sup> <b>Group Training</b> 10:00 - 11:00 a.m.	<sup>Kw</sup> <b>Power Yoga</b> 10:00 - 11:00 a.m.	<sup>Kw</sup> <b>Power Yoga</b> 9:30 - 10:30 a.m.
	<sup>Kw</sup> <b>Power Yoga</b> 11:15 a.m. - 12:15 p.m.	<b>Power Sculpt</b> 1:00 - 2:00 p.m.	<b>SilverSneakers® Circuit</b> 1:00 - 2:00 p.m.	<sup>Kw</sup> <b>SilverSneakers® CardioFit</b> 11:15 a.m. - 12:15 p.m.	<sup>Kw</sup> <b>ZUMBA®</b> 11:15 a.m. - 12:15 p.m.	<sup>Kw</sup> <b>Barre Fit</b> 10:45 - 11:45 a.m.
	<b>T'ai Chi</b> 12:45 - 1:45 p.m.		<sup>Kw</sup> <b>Indoor Cycling</b> 5:30 - 6:30 p.m.	<b>Club: Mah Jongg</b> 11:30 a.m. - 3:30 p.m.	<sup>Kw</sup> Kid Watch available SilverSneakers® classes available at this site MY Denver youth activities schedule available  <b>KID WATCH SCHEDULE</b> <sup>Kw</sup> (Additional fees apply)	
	<b>BOOM® Muscle &amp; Mind</b> 2:00 - 3:00 p.m.		<sup>Kw</sup> <b>Group Training</b> 6:00 - 7:00 p.m.	<b>Power Sculpt</b> 1:00 - 2:00 p.m.		
	<b>H.I.I.T.</b> 5:00 - 5:45 p.m.		<b>Barre Fit</b> 7:15 - 8:15 p.m.	<sup>Kw</sup> <b>Pilates</b> 5:30 - 6:30 p.m.		
	<sup>Kw</sup> <b>Indoor Cycling</b> 6:00 - 7:00 p.m.	<sup>Kw</sup> <b>Pilates</b> 5:30 - 6:30 p.m.		<b>ZUMBA®</b> 6:45 - 7:45 p.m.		
	<sup>Kw</sup> <b>Group Training</b> 6:00 - 7:00 p.m.					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b>	8:00 a.m. - 1:00 p.m. 3:30 - 7:30 p.m.	8:00 a.m. - 1:00 p.m. 3:30 - 7:30 p.m.	8:00 a.m. - 1:00 p.m. 3:30 - 7:30 p.m.	8:00 a.m. - 1:00 p.m. 3:30 - 7:30 p.m.	8:00 a.m. - 1:00 p.m.	8:00 a.m. - 1:00 p.m.

**HOURS OF OPERATION:** MONDAY - THURSDAY (5:30a - 9:00p) | FRIDAY (5:30a - 8:00p) | SATURDAY AND SUNDAY (8:00a - 5:00p)

CENTRAL PARK RECREATION CENTER, 9651 E. MLK JR. BLVD, DENVER, CO 80238 | 720.865.0750 | DENVERGOV.ORG/RECREATION