



COOK PARK RECREATION CENTER

SUMMER 2018, MAY 27 - AUGUST 18

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Power Stretch 8:10 - 9:10 a.m.	Group Training 8:10 - 9:10 a.m.	Essentrics™ 8:10 - 9:10 a.m.	Group Training 8:10 - 9:10 a.m.	ZUMBA® Gold 8:10 - 9:10 a.m.	Yoga Level I 9:15 - 10:15 a.m.
△ Circuit Training 9:00 - 10:00 a.m.	Club: Party Bridge 9:00 a.m. - 12:00 p.m.	△ Circuit Training 9:00 - 10:00 a.m.	Club: Cribbage 9:00 a.m. - 12:00 p.m.	△ Circuit Training 9:00 - 10:00 a.m.	
Line Dancing 10:00 - 11:30 a.m.	SilverSneakers® Circuit 9:30 - 10:30 a.m.	Club: Quilting 9:30 a.m. - 12:00 p.m.		Club: Party Bridge 9:00 a.m. - 12:00 p.m.	
	Senior Technology Help 1:00 - 2:00 p.m.	SilverSneakers® Classic 10:30 - 11:30 a.m.			
Club: Backgammon 1:00 - 4:00 p.m.	Club: Knitting 1:00 - 3:00 p.m.	Seated Yoga 10:45 - 11:45 a.m.		SilverSneakers® Classic 9:30 - 10:30 a.m.	
SilverSneakers® Yoga 1:00 - 2:00 p.m.				Yoga Level I 11:00 a.m. - 12:00 p.m.	
	Tai Chi 2:45 - 3:45 p.m.	Club: Party Bridge 12:30 - 3:30 p.m.	Club: Duplicate Bridge 12:30 - 3:30 p.m.	Club: Mah Jongg 12:30 - 4:30 p.m.	
Yoga Level II 5:30 - 6:30 p.m.	Group Training 5:30 - 6:30 p.m.	Yoga Level I 5:30 - 6:30 p.m.	ZUMBA® 5:30 - 6:30 p.m.	SilverSneakers® classes available at this site △ Weight Room closed during this class time MY Denver youth activities schedule available on site	

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 2:30 - 8:30 p.m.	Open Gym 12:30 - 8:30 p.m.	Open Gym 2:45 - 8:30 p.m.	Open Gym 12:30 - 8:30 p.m.	Open Gym 12:30 - 3:45 a.m. 5:15 - 6:30 p.m.	Open Gym
	Pickleball 9:30 a.m. - 12:00 p.m.		Pickleball 9:30 a.m. - 12:00 p.m.		

HOURS OF OPERATION: MONDAY - THURSDAY (7:00a – 9:00p) | FRIDAY (7:00a – 7:00p) | SATURDAY (8:00a - 2:00p) | SUNDAY (closed)

COOK PARK RECREATION CENTER, 7100 CHERRY CREEK S. DRIVE, DENVER, CO 80224 | 720.865.0610 | DENVERGOV.ORG/RECREATION