



EISENHOWER 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
SilverSneakers® Classic 8:30 - 9:30 a.m.	SilverSneakers® Yoga 8:30 - 9:30 a.m.		SilverSneakers® Yoga 8:30 - 9:30 a.m.		Essentrics™ 9:15 - 10:15 a.m.
* ◇ Moving for Better Balance 2 9:45 - 10:45 a.m.	Technology Help 10:30 - 11:30 a.m.		SilverSneakers® Classic 10:00 - 11:00 a.m.		
			Boom Muscle & Mind 11:15 a.m. - 12:15 p.m.		
			* ◇ Moving for Better Balance 2 12:30 - 1:30 p.m.	SilverSneakers® classes available at this site ◇ Registration required *Additional fee require MY Denver activities schedule available on site	
	* ◇ Moving for Better Balance 1 1:30 - 2:30 p.m.		* ◇ Moving for Better Balance 1 1:30 - 2:30 p.m.		
	Vinyasa Yoga 6:00 - 7:00 p.m.		Vinyasa Yoga 6:00 - 7:00 p.m.		

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 7:00 - 8:15 a.m. 12:45 - 8:00 p.m.	Open Gym 7:00 - 7:45 a.m. 11:45 a.m. - 8:00 p.m.	Full-Court Basketball Ages 19+ 7:00 - 10:00 a.m.	Open Gym 7:00 - 8:15 a.m. 11:45 a.m. - 8:00 p.m.	Open Gym 7:00 - 8:15 a.m. 12:45 - 4:00 p.m.	Open Gym 10:30 a.m. - 2:00 p.m.
		Open Gym 11:00 a.m. - 8:00 p.m.			
Pickleball: Inter. / Adv. 8:30 a.m. - 12:30 p.m.	Pickleball: Beg/Inter. 8:30 - 11:30 a.m.		Pickleball: Beg/Inter. 8:30 - 11:30 a.m.	Pickleball: Inter. / Adv. 8:30 a.m. - 12:30 p.m.	

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

EISENHOWER RECREATION CENTER, 4300 E. DARTMOUTH AVENUE, DENVER, CO 80222 | 720.865.0730 | DENVERGOV.ORG/RECREATION