



# HARVARD GULCH RECREATION CENTER

SUMMER 2018, MAY 27TH– AUGUST 18TH

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SilverSneakers® Classic</b> 10:15 - 11:15 a.m.	<b>Total Body Conditioning</b> 10:00 - 11:00 a.m.	<b>Essentrics™</b> 9:05 - 10:00 a.m.	<b>Vinyasa Yoga</b> 9:30 - 10:30 a.m.	<b>Essentrics™</b> 9:05 - 10:00 a.m.	<b>OULA® Dance Fitness</b> 9:45 - 10:45 a.m.
<b>Yoga Level I</b> 4:30 - 5:30 p.m.	<b>T'ai Chi</b> 11:45 a.m. - 12:45 p.m.	<b>SilverSneakers® Classic</b> 10:15 - 11:15 a.m.	<b>T'ai Chi</b> 11:45 a.m. - 12:45 p.m.	<b>Healthways® Boom</b> 1:00 - 2:00 p.m.	
<b>OULA® Dance Fitness</b> 6:15 - 7:15 p.m.	<b>Pilates</b> 6:00 - 7:00 p.m.	<b>Yoga Level II</b> 6:30 - 7:30 p.m.	<b>Pilates</b> 6:00 - 7:00 p.m.	SilverSneakers® classes available at this site	

## GYMNASIUM SCHEDULE (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Gym</b> 9:00 - 9:45 a.m. 12:00 - 7:45 p.m.	<b>Open Gym</b> 11:30 a.m. - 5:30 p.m.	<b>Open Gym</b> 2:30 - 7:45 p.m.	<b>Open Gym</b> 11:30 a.m. - 7:45 p.m.	<b>Open Gym</b> 10:15 a.m. - 7:45 p.m.	<b>Full-Court Basketball</b> <b>Ages: 21+</b> 11:00 p.m. - 2:45p.m.
	<b>Pickleball: Beginner</b> 9:30 - 11:30 a.m.	<b>Pickleball: Inter / Adv</b> 10:15 a.m -12:15 p.m.	<b>Pickleball: Beginner</b> 9:30 - 11:30 a.m.		
		<b>Pickleball: Beg / Inter</b> 12:15-2:15 p.m.			

**HOURS OF OPERATION:** MONDAY - FRIDAY (9:00a - 8:00p) | SATURDAY (9:00a - 3:00p) | SUNDAY (closed)

HARVARD GULCH RECREATION CENTER, 550 E. ILIFF AVENUE, DENVER, CO 80210 | 720.865.0905 | DENVERGOV.ORG/RECREATION

# DESCRIPTIONS OF WEEKLY FITNESS ACTIVITIES

## HARVARD GULCH RECREATION CENTER

(Free with membership or available with drop-in fee)

### TOTAL BODY CONDITIONING

Strengthen all muscle groups of the body with this full-body workout designed to create a lean and toned body. By utilizing a variety of equipment, you will feel the burn!

### HATHA YOGA (LEVEL 1)

This meditative practice includes longer holds to ignite the body's internal heat and allow deep release to occur. Students learn to balance "strength with flexibility" and "effort with surrender" in each pose.

### VINYASA YOGA

This practice is based on foundational yoga poses performed in a dynamic, flowing style to create a balance of physical action, internal focus, and conscious breathing. Poses are modified to include beginners yet challenging experienced practitioners.

### ESSENTRICS™

Essentrics™ is a low-impact class using standing, floor, and barre exercises to help participants achieve results. This dynamic stretching program improves strength and flexibility at the same time.

### T'AI CHI

Often called "moving meditation," this class is a graceful form of exercise that helps reduce stress and improve overall health and well-being through stretching and gentle movement.

### MY DENVER - KARATE

Taught in the Okinawan Kempo tradition, this class focuses on self defense, promoting a "valiant not violent" ethic. Ages 5-18.

### OULA® DANCE FITNESS

OULA® is one epic hour of sweat, joy, and total inspiration — Dancemania for the soul! Join us for a unique, high-energy and light-hearted sweat!

### OPEN GYM

Open gym is available to shoot around or for other gym activities. Full-court basketball is ONLY available during scheduled times.

### FULL-COURT BASKETBALL

Full-court basketball activities may ONLY occur during scheduled times. All interested participants are allowed to rotate in during these self-monitored "pick-up" games. Ages and 21+

### PILATES

Using the principles of Joseph Pilates, this mat-based class is designed to increase core strength, flexibility, coordination, posture, and body awareness.

### PICKLEBALL

Pickleball is a racquet sport which combines elements of badminton, tennis and table tennis. Play occurs on a "first come, first served" basis. Equipment is available for use.

### SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

