



MONTCLAIR 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
		Power Sculpt 9:00 - 10:00 a.m.		Power Sculpt 9:00 - 10:00 a.m.	T'ai Chi 9:00 - 10:00 a.m.	
	T'ai Chi 9:30 - 10:30 a.m.	◇ Circuit Training 9:15 - 10:15 a.m.		SilverSneakers® Classic 10:00 - 11:00 a.m.	Circuit Training 9:00 - 9:45 a.m.	
	Essentrics™ 11:30 a.m. - 12:30 p.m.	SilverSneakers® Classic 10:00 - 11:00 a.m.	Essentrics™ 11:30 a.m. - 12:30 p.m.	Yoga Level I 12:00 - 1:00 p.m.	SilverSneakers® Classic 10:00 - 11:00 a.m.	
	Yoga Level I 12:00 - 1:00 p.m.	* Cancer Wellness Program 12:30 - 1:30 p.m.	T'ai Chi 1:00 - 2:00 p.m.	* Cancer Wellness Program 12:30 - 1:30 p.m.	Essentrics™ 11:30 a.m. - 12:30 p.m.	
		Club: Mah Jongg 11:00 a.m. - 4:00 p.m.		Club: Party Bridge 1:00 - 4:00 p.m.		
	Essentrics™ 6:00 - 7:00 p.m.	Yoga Level II 12:00 - 1:00 p.m.	Yoga Level II 6:30 - 7:30 p.m.			

SilverSneakers® classes available at this site
 * Additional fees may apply
 ◇ Registration/Appointment required
 MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Women's Full-Court Basketball Ages: 16+ 9:00 - 11:00 a.m.	Open Gym 6:00 - 8:00 a.m. 1:00 - 9:00 p.m.	Open Gym 6:00 - 9:00 a.m. 12:00 - 9:00 p.m.	Open Gym 6:00 - 8:00 a.m. 1:00 - 9:00 p.m.	Open Gym 6:00 - 9:00 a.m. 12:00 a.m. - 9:00p.m.	Open Gym 1:00 - 9:00 p.m.	Open Gym 9:00 - 4:00 p.m.
Men's Full-Court Basketball Ages: 16+ 11:00 a.m. - 1:00 p.m.	Pickleball 8:00 - 11:15 a.m.		Pickleball 8:00 - 11:15 a.m.		Pickleball 6:30 - 8:45 a.m.	
Open Gym 1:00 - 4:00 p.m.						

HOURS OF OPERATION: MONDAY - THURSDAY (6:00a - 9:00p) | FRIDAY (6:00a - 8:00p) | SATURDAY AND SUNDAY (9:00a - 4:00p)

MONTCLAIR RECREATION CENTER, 729 ULSTER WAY, DENVER, CO 80220 | 720.865.0560 | DENVERGOV.ORG/RECREATION