



RUDE 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuit Training 12:00 - 1:00 p.m.		Circuit Training 12:00 - 1:00 p.m.		Circuit Training 12:00 - 1:00 p.m.	ZUMBA® 10:30 - 11:30 a.m.
Power Step 6:15 - 7:15 p.m.	Essentrics 6:15 - 7:15 p.m.	Power Step 6:15 - 7:15 p.m.	Essentrics 6:15 - 7:15 p.m.		

MY Denver youth activities schedule available on site
SilverSneakers® honored at this site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 6:00 a.m. - 5:00 p.m.	Open Gym 6:00 a.m. - 5:00 p.m.	Open Gym 6:00 a.m. - 5:00 p.m.	Open Gym 6:00 a.m. - 5:00 p.m.	Open Gym 6:00 a.m. - 5:00 p.m.	Open Gym 1:00 - 3:00 p.m.

HOURS OF OPERATION: MONDAY - THURSDAY (6:00a - 9:00p) | FRIDAY (6:00a - 8:00p) | SATURDAY (9:00a - 3:00p) | SUNDAY (9:00a - 1:00p)

RUDE RECREATION CENTER, 2855 W. HOLDEN PLACE, DENVER, CO 80204 | 720.865.0570 | DENVERGOV.ORG/RECREATION