



# SCHAITLER @ BERKELEY PARK 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                                   |
|------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------|
|                                          | <b>Yoga Level I</b><br>7:00 - 8:00 a.m.             |                                                                            | <b>Walking Group</b><br>8:30 - 9:30 a.m.            |                                                                                                          |                                            |
| <b>Power Sculpt</b><br>9:00 - 10:00 a.m. | <b>Qi Gong</b><br>8:15 - 9:15 a.m.                  | <b>Power Sculpt</b><br>9:00 - 10:00 a.m.                                   | <b>SilverSneakers® Circuit</b><br>9:30 - 10:30 a.m. | <b>Power Sculpt</b><br>9:00 - 10:00 a.m.                                                                 | <b>Group Training</b><br>9:15 - 10:15 a.m. |
| <b>Table Games</b><br>10:00 - 1:00 p.m.  | <b>SilverSneakers® Circuit</b><br>9:30 - 10:30 a.m. | <b>* Yoga: Parkinson's</b><br>10:45 a.m. - 12:00 p.m.<br>12:15 - 1:30 p.m. | <b>ZUMBA®</b><br>6:00 - 7:00 p.m.                   | <b>Summer BBQ * ◇</b><br>July 19, 2018<br>9:00 - 10:00 a.m.                                              | <b>Yoga Level I</b><br>10:30 - 11:30 a.m.  |
| <b>Yogalates</b><br>6:45 - 7:30 p.m.     | <b>ZUMBA®</b><br>6:00 - 7:00 p.m.                   | <b>Group Training</b><br>6:30 - 7:30 p.m.                                  | <b>Yoga Level II</b><br>7:15 - 8:15 p.m.            | SilverSneakers® classes available at this site<br>* Additional fees may apply<br>◇ Registration Required |                                            |
|                                          | <b>* Tea Dance</b><br>1:00 - 3:00 p.m.              |                                                                            |                                                     |                                                                                                          |                                            |

## GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

| Sunday                                                                       | Monday                                                       | Tuesday                                                                   | Wednesday                                                                  | Thursday                                                             | Friday                                                       | Saturday                                 |
|------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------|
| <b>Open Gym</b><br>9:00 - 11:00 a.m.                                         | <b>Open Gym</b><br>6:00 - 7:00 a.m.<br>9:00 a.m. - 8:30 p.m. | <b>Open Gym</b><br>6:00 - 7:00 a.m.<br>1:00 - 8:30 p.m.                   | <b>Open Gym</b><br>6:00 - 7:00 a.m.<br>1:00 - 8:30 p.m.                    | <b>Open Gym</b><br>6:00 - 7:00 a.m.<br>9:00 a.m. - 6:00 p.m.         | <b>Open Gym</b><br>6:00 - 7:00 a.m.<br>9:00 a.m. - 8:00 p.m. | <b>Open Gym</b><br>9:00 a.m. - 4:00 p.m. |
|                                                                              |                                                              | <b>Pickleball</b><br>9:00 - 11:00 a.m.                                    | <b>Pickleball</b><br>9:00 - 11:00 a.m.                                     |                                                                      |                                                              |                                          |
| <b>Full - Court Basketball</b><br><b>Ages: 19+</b><br>11:00 a.m. - 1:00 p.m. |                                                              | <b>Full-Court Basketball</b><br><b>Ages 19+</b><br>11:00 a.m. - 1:00 p.m. | <b>Full-Court Basketball</b><br><b>Ages: 19+</b><br>11:00 a.m. - 1:00 p.m. | <b>Full-Court Basketball</b><br><b>Ages: 19+</b><br>6:00 - 8:30 p.m. |                                                              |                                          |

**HOURS OF OPERATION:** MONDAY - THURSDAY (6:00a - 8:30p) | FRIDAY (6:00a - 8:00p) | SATURDAY (9:00a - 4:00p) | SUNDAY (9:00a - 1:00p)

SCHAITLER RECREATION CENTER, 5031 W. 46TH AVENUE, DENVER, CO 80212 | 720.865.0640 | DENVERGOV.ORG/RECREATION