



TWENTIETH STREET 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
◇ Essentrics ® 8:30 - 9:30 a.m.		◇ Essentrics ® 8:30 - 9:30 a.m.	Tai Chi 8:15 - 9:15 a.m.	Power Stretch 8:30 - 9:15 a.m.	◇ Coed Boxing 10:30 - 11:30 a.m.
Pilates 10:15 - 11:00 a.m.	Yoga I 10:00 - 11:00 a.m.	Pilates 10:15 - 11:00 a.m.	Yoga I 10:00 - 11:00 a.m.	AOA - CWR 101 9:30 - 10:30 a.m.	
Group Training 11:15 a.m. - 12:00 p.m.	H.I.I.T 11:15 a.m. - 12:00 p.m.	Power Sculpt 11:15 - 12:00 p.m.	H.I.I.T 11:15 a.m. - 12:00 p.m.	Group Training 12:15 - 1:00 p.m.	
	Group Training 12:15 - 1:00 p.m.		Circuit Training 1:00 - 2:00 p.m.		
◇ Coed Boxing 6:30 - 7:30 p.m.	Circuit Training 1:00 - 2:00 p.m.	◇ Coed Boxing 5:30 - 6:30 p.m. 6:30 - 7:30 p.m.		◇ Sign up at front desk, space is limited SilverSneakers® honored at this site	

GYMNASIUM | BOXING STUDIO SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym	Open Gym 6:30 a.m. - 9:00 a.m. 11:00 a.m. - 8:00 p.m.	Open Gym 6:30 a.m. - 8:00 p.m.	Open Gym 6:30 a.m. - 8:00 p.m.	Open Gym 6:30 a.m. - 8:00 p.m.	Open Gym 6:30 a.m. - 7:00 p.m.	Open Gym 9:00 a.m. - 1:00 p.m.
Gym		Full Court Basketball Ages: 19+ 12:00 - 1:30 p.m. 5:30 - 7:45 p.m.		Full Court Basketball Ages: 19+ 12:00 - 1:30 p.m. 5:30 - 7:45 p.m.		
Boxing	Open Studio 6:30 a.m. - 6:15 p.m.	Open Studio 6:30 a.m. - 5:15 p.m.	Open Studio 6:30 a.m. - 5:15 p.m. 7:30 - 7:45 p.m.	Open Studio 6:30 a.m. - 5:15 p.m.	Open Studio 6:30 a.m. - 4:45 p.m.	Open Studio 9:00 a.m. - 10:15 a.m. 11:45 a.m. - 12:45 p.m.

HOURS OF OPERATION: MONDAY - THURSDAY (6:30a - 8:00p) | FRIDAY (6:30a - 7:00p) | SATURDAY (9:00a - 1:00p) | SUNDAY (closed)

TWENTIETH STREET RECREATION CENTER, 1011 20TH STREET, DENVER, CO 80202 | 720.865.0520 | DENVERGOV.ORG/RECREATION