



WASHINGTON 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
Group Training 6:15 - 7:15 a.m.	Vinyasa Yoga 6:30 - 7:30 a.m.	Group Training 6:15 - 7:15 a.m.	Vinyasa Yoga 6:30 - 7:30 a.m.	Group Training 6:15 - 7:15 a.m.	Vinyasa Yoga 8:30 - 9:30 a.m.
Vinyasa Yoga 8:30 - 9:30 a.m.	Power Sculpt 8:00 - 9:00 a.m.	Yoga Level I 8:30 - 9:30 a.m.	Power Sculpt 8:00 - 9:00 a.m.	Yoga Level I 8:30 - 9:30 a.m.	Yoga Level II 10:00 - 11:00 a.m.
Essentrics™ Total Body 10:00 - 11:00 a.m.	Power Stretch 9:15 - 10:00 a.m.	Meditation 9:45 - 10:30 a.m.	Afro Fusion Fit 9:15 - 10:15 a.m.		
Zumba® 11:30 a.m. - 12:30 p.m.	SilverSneakers® Classic 10:15 - 11:15 a.m.	Yoga: Multiple Sclerosis 10:00 - 11:00 a.m.	SilverSneakers® Classic 10:30 - 11:30 a.m.	SilverSneakers® classes available at this site My Denver Youth Activities Available at this site	
Power Sculpt 5:30 - 6:30 p.m.		HIIT® 11:30 a.m. - 12:15 p.m.			
HIIT® 6:45 - 7:30 p.m.		HIIT® 5:30 - 6:15 p.m.			
		Power Sculpt 6:30 - 7:30 p.m.			

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

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

HOURS OF OPERATION: MONDAY - THURSDAY (6:00a - 9:00p) | FRIDAY (6:00a - 8:00p) | SATURDAY (8:00a - 4:00p) | SUNDAY (11:00a - 4:00p)

WASHINGTON PARK RECREATION CENTER, 701 S. FRANKLIN STREET, DENVER, CO 80209 | 720.865.3400 | DENVERGOV.ORG/RECREATION