DENVER PARKS & RECREATION

TWENTIETH STREET RECREATION CENTER

FALL 2014, AUGUST 24 - NOVEMBER 29

ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL AND LOCAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR NEIGHBORHOOD LEVELS.

Monday	Tuesday	Wednesday	Thursday	Friday
Power Stretch 8:30 - 9:15 a.m.	**Yoga** 10:00 - 11:00 a.m.	**Power Stretch** 8:30 - 9:15 a.m.	**Yoga** 10:00 - 11:00 a.m.	**Power Stretch** 8:30 - 9:15 a.m.
Pilates 10:15 - 11:00 a.m.	**Total Body Conditioning** 11:15 a.m. - 12:00 p.m. 12:15 - 1:00 p.m.	**Pilates** 10:15 - 11:00 a.m.	**Total Body Conditioning** 11:15 a.m. - 12:00 p.m.	**Insanity®** 11:15 a.m. - 12:00 p.m.
Group Training 11:15 a.m. - 12:00 p.m.		**Insanity®** 11:15 - 12:00 p.m.	◊ **Indoor Cycling** 12:15 - 1:00 p.m.	**Group Training** 12:15 - 1:00 p.m.
Cardio Kickboxing 12:15 - 1:00 p.m.	**Circuit Training** 1:00 - 2:00 p.m.	**Group Training** 12:15 - 1:00 p.m.	**Circuit Training** 1:00 - 2:00 p.m.	
◊ **Indoor Cycling** 12:15 - 1:00 p.m.	◊ **Indoor Cycling** 5:30 - 6:15 p.m.	**Coed Boxing** 5:30 - 6:15 p.m.	◊ * **Twentieth St. Boxing** 5:30 - 7:30 p.m.	◊ * **Twentieth St. Boxing** 5:00 - 7:00 p.m.
Ladies Boxing 6:30 - 7:30 p.m.	◊ * **Twentieth St. Boxing** 5:30 - 8:00 p.m.	**Coed Boxing** 6:30 - 7:15 p.m.		

◊ Registration / Appointment required

* Additional fees apply

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 6:30 a.m. - 8:00 p.m.	**Open Gym** 6:30 a.m. - 5:30 p.m. 6:15 - 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.

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

Revised 08-15-14