



CENTRAL PARK RECREATION CENTER

SUMMER 2014, JUNE 1 - AUGUST 23

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Indoor Cycling 5:45 - 6:45 a.m.	Indoor Cycling 5:45 - 6:45 a.m.	Indoor Cycling 5:45 - 6:45 a.m.	Vinyasa Yoga 6:00 - 7:00 a.m.	Indoor Cycling 5:45 - 6:45 a.m.	^{Kw} ZUMBA® 8:15 - 9:15 a.m.
Vinyasa Yoga 8:30 - 9:30 a.m.	Yoga II 6:00 - 7:00 a.m.	Vinyasa Yoga 6:00 - 7:00 a.m.	^{Kw} ZUMBA® 9:00 - 10:00 a.m.	^{Kw} Indoor Cycling 8:45 - 9:45 a.m.	^{Kw} SilverSneakers® Cardio 8:45 - 9:45 a.m.	^{Kw} Indoor Cycling 8:30 - 9:30 a.m.
Insanity® 9:45 - 10:15 a.m.	ZUMBA GOLD® 8:45 - 9:45 a.m.	^{Kw} Indoor Cycling 8:45 - 9:45 a.m.	^{Kw} SilverSneakers® Classic 10:30 - 11:30 a.m.	^{Kw} Group Training 10:00 - 11:00 a.m.	^{Kw} Power Yoga 10:00 - 11:00 a.m.	^{Kw} Power Yoga 9:30 - 10:30 a.m.
Core Training 10:15 - 10:45 a.m.	^{Kw} SilverSneakers® Classic 10:00 - 11:00 a.m.	^{Kw} Vinyasa Yoga 10:30 - 11:30 a.m.	^{Kw} Indoor Cycling 5:45 - 6:45 p.m.	^{Kw} SilverSneakers® Yoga 11:15 - 12:15 p.m.	^{Kw} ZUMBA STEP® 11:15 - 12:15 p.m.	^{Kw} Barre Fit 10:45 - 11:45 a.m.
	^{Kw} Barre Fit 11:15 - 12:15 p.m.	^{Kw} Pilates 5:30 - 6:30 p.m.	^{Kw} Essentrics 6:00 - 7:00 p.m.	^{Kw} Pilates 5:30 - 6:30 p.m.		
	^{Kw} Indoor Cycling 5:45 - 6:45 p.m.		Vinyasa Yoga 7:15 - 8:15 p.m.	^{Kw} Indoor Cycling 5:45 - 6:45 p.m.		
	^{Kw} Group Training 6:00 - 7:00 p.m.			ZUMBA® 6:45 - 7:45 p.m.		

^{Kw} Kid Watch available
SilverSneakers® honored at this site
MY Denver youth activities schedule available on site

KID WATCH SCHEDULE ^{Kw} (ADDITIONAL FEES MAY APPLY)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	8:00 a.m. - 1:00 p.m. 4:00 - 7:30 p.m.	8:00 a.m. - 1:00 p.m. 4:00 - 7:30 p.m.	8:00 a.m. - 1:00 p.m. 4:00 - 7:30 p.m.	8:00 a.m. - 1:00 p.m. 4:00 - 7:30 p.m.	8:00 a.m. - 1:00 p.m.	8:00 a.m. - 1:00 p.m.

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

HOURS OF OPERATION: MONDAY - THURSDAY (5:30a - 9:00p) | FRIDAY (5:30a - 8:00p) | SATURDAY AND SUNDAY (8:00a - 5:00p)

CENTRAL PARK RECREATION CENTER, 9651 E. MLK JR. BLVD, DENVER, CO 80238 | 720.865.0750 | DENVERGOV.ORG/RECREATION