## Clubs & Games

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>11:30 AM-12:30 PM</td>
<td>01/06-12/28</td>
<td>54071</td>
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<tr>
<td>M</td>
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<td>01/06-12/14</td>
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<td>01/02-12/31</td>
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<td>01/08-12/16</td>
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<td>Th</td>
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<td>01/02-12/31</td>
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<tr>
<td>W</td>
<td>12:30-3:30 PM</td>
<td>01/08-12/30</td>
<td>51903</td>
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<tr>
<td>F</td>
<td>1:00-3:30 PM</td>
<td>01/03-12/18</td>
<td>51906</td>
</tr>
<tr>
<td>Tu</td>
<td>11:00 AM-12:00 PM</td>
<td>01/07-12/29</td>
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### 50+ Sports

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<tr>
<td>M-F</td>
<td>8:00 AM-4:00 PM</td>
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<td>W</td>
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<td>01/08-12/30</td>
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<td>Th</td>
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<td>01/08-12/30</td>
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<tr>
<td>F</td>
<td>1:00-3:30 PM</td>
<td>01/03-12/18</td>
<td>51906</td>
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### Fitness & Wellness

#### Beginner Yoga

- **W, F**: 12:30-1:30 PM, 01/08-12/18
- **ACTIVITY #**: 51854
- **Drop in class. FREE with membership**

#### Boom Muscle & Mind

- **Tu**: 11:00 AM-12:00 PM, 01/07-12/29
- **ACTIVITY #**: 51867
- **Drop in class. FREE with membership**

## Arts & Culture

### Special Events & Trips

#### Birthday Party

- **Tu**: 12:00-2:00 PM, 01/07-12/22
- **ACTIVITY #**: 52026
- **Drop in class. FREE with membership**

#### Spanish - Beginner

- **Tu**: 11:00 AM-12:30 PM, 01/07-12/22
- **ACTIVITY #**: 52026
- **Drop in class. FREE with membership**

#### Spanish - Intermediate

- **Tu**: 1:00-2:30 PM, 01/07-12/22
- **ACTIVITY #**: 52027
- **Drop in class. FREE with membership**

#### Technology Help

- **Tu**: 2:00-3:00 PM, 01/07-12/29
- **ACTIVITY #**: 52054
- **Drop in class. FREE with membership**

#### Out to Lunch Trips

- **Th**: 11:00 AM-1:00 PM, 01/08-12/24
- **ACTIVITY #**: 52031
- **Drop in class. FREE with membership**

#### Advanced Conversational Spanish

- **Tu**: 2:30-3:45 PM, 01/30-12/31
- **ACTIVITY #**: 52424
- **Drop in class. FREE with membership**

#### Belly Dancing

- **M**: 10:45-11:45 AM, 01/06-12/28
- **ACTIVITY #**: 52110
- **Drop in class. FREE with membership**

#### Spanish Speakers Reading Club

- **Tu**: 3:00-4:00 PM, 01/09-12/24
- **ACTIVITY #**: 54074
- **Drop in class. FREE with membership**

#### Cooking with Friends: Old German Favorites

- **F**: 11:00 AM-1:00 PM, 04/17
- **ACTIVITY #**: 52427
- **$7**

## Line Dance Lessons Intermediate

- **F**: 1:45-3:15 PM, 01/03-12/18
- **ACTIVITY #**: 52116
- **Drop in class. FREE with membership**

## Presentation: History of Colorado

- **Th**: 1:30-2:30 PM, 03/26
- **ACTIVITY #**: 52433
- **Drop in class. FREE with membership**

## Presentation: How Valuable is that Coin?

- **Th**: 12:00-2:00 PM, 04/16
- **ACTIVITY #**: 52437
- **Drop in class. FREE with membership**

## Presentation: Religions of the World

- **Tu**: 12:00-2:00 PM, 05/14
- **ACTIVITY #**: 52435
- **Drop in class. FREE with membership**

### Personal Training

#### Body fat/fitness assessments

- **ACTIVITY #**: 52004
- **Drop in class. FREE with membership**

#### Individual training: One-on-one 60 minute session with one of our Certified Personal Trainers.

- **ACTIVITY #**: 52003
- **Drop in class. FREE with membership**

#### Nutrition Plan

- **ACTIVITY #**: 52043
- **Drop in class. FREE with membership**

#### See our full schedule of classes online at: DENVERGOV.ORG/FITNESS