### Cook Park Recreation Center

**Winter 2019/2020, November 24 - March 14**

Activities listed are included with regional and local level passes/memberships. Additional fees apply for neighborhood levels.

#### Monday
- **Power Stretch** 8:10 - 9:10 a.m.
- **Club: Quilting** 9:30 a.m. - 12:00 p.m.
- **SilverSneakers® Yoga** 1:00 - 2:00 p.m.
- **Yoga Level II** 5:30 - 6:30 p.m.

#### Tuesday
- **Functional Fit** 8:10 - 9:10 a.m.
- **Club: Party Bridge** 9:00 a.m. - 12:00 p.m.
- **Tai Chi** 2:45 - 3:45 p.m.
- **Group Training** 5:30 - 6:30 p.m.

#### Wednesday
- **△ Circuit Training** 9:00 - 10:00 a.m.
- **SilverSneakers® Circuit** 9:30 - 10:30 a.m.
- **SilverSneakers® Classic** 10:30 - 11:30 a.m.
- **Yoga Level I** 5:30 - 6:30 p.m.

#### Thursday
- **Group Training** 8:10 - 9:10 a.m.
- **Club: Cribbage** 9:00 a.m. - 12:00 p.m.
- **NIA** 9:15 - 10:15 a.m.
- **ZUMBA®** 5:30 - 6:30 p.m.

#### Friday
- **ZUMBA® Gold** 8:10 - 9:10 a.m.
- **Club: Party Bridge** 9:00 a.m. - 12:00 p.m.
- **Club: Duplicate Bridge** 12:15 - 3:30 p.m.
- **Yoga Level I** 11:00 a.m. - 12:00 p.m.

#### Saturday
- **Club: Mah Jongg** 12:30 - 4:30 p.m.
- **SilverSneakers® Classic** 9:30 - 10:30 a.m.

SilverSneakers® classes available at this site
△ Weight Room closed during this class time
MY Denver youth activities schedule available on site

#### Gymnasium Schedule (Subject to Change Without Notice)

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**Hours of Operation:**
- Monday - Thursday (7:00a - 9:00p)
- Friday (7:00a - 7:00p)
- Saturday (8:00a - 2:00p)
- Sunday (closed)
**SilverSneakers® Classic**
Classic uses a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Light dumbbells, elastic tubing, and a SilverSneakers ball are offered for resistance. Chairs are available if

**SilverSneakers® Circuit**
Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength with handheld weights, elastic tubing, and a SilverSneakers ball

**Functional Fit**
Build strength for daily living through exercises designed to increase range of motion and strength. A chair is used for seated exercises and

**Yoga**
This meditative practice includes longer holds to ignite the body’s heat and allow deep release to occur. Learn to balance “strength with flexibility” and “effort with surrender” in each pose. Level 1 is for beginners. Level 2 includes more challenging movements and techniques.

**Seated Yoga**
This gentle yoga class takes place while sitting in a chair and focuses on the use of breathing to stretch the body and challenge coordination.

**SilverSneakers® Yoga**
Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

**Essentrics™**
Essentrics™ is based on eccentric strengthening which stretches the muscles then strengthens them in the elongated position creating a lean toned body. Essentrics™ is intended to make the waist thinner, the stomach flatter, the legs leaner and the butt toned, leaving the entire body more

**Tai Chi**
Often called “moving meditation,” this class is a graceful form of exercise that helps reduce stress and improve overall health and well-being

**Group Training**

**Power Stretch**
This fusion class integrates strengthening movements and flexibility training to stretch muscles and increase tone of all areas of the body. Using breathing techniques to relax, you will lengthen the muscles while getting a deep

**Circuit Training**
With the latest in strength training exercises set to a timed clock; you will tone any trouble areas of your body and get fit in this class. Working at your own pace and your fitness level, you will gain strength and endurance while having fun! *Sign-in required as space is limited. Sign-in opens 1 hour prior to class time.*

*Names will be called to choose a card 15 minutes prior. Unclaimed cards will be given out first come, first serve.*

**Zumba® & Zumba Gold®**
This Latin class fuses hypnotic rhythms and easy to follow choreography to create an exciting dance cardio class. With combinations of international dance steps, Zumba® will allow you to torch calories while having fun! Zumba Gold® offers low impact, less intense choreography for beginners and Active Older

**Nia**
The hottest new trend in mind, body, and wellness. Nia is the most advanced form of fusion fitness, blending martial arts, healing arts, dance arts, and spiritual self healing.