



**DENVER**  
PARKS & RECREATION

# EISENHOWER RECREATION CENTER

FALL 2019, AUGUST 18 - NOVEMBER 23

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SilverSneakers® Classic</b> 8:30 - 9:30 a.m.	<b>SilverSneakers® Yoga</b> 8:30 - 9:30 a.m.		<b>SilverSneakers® Yoga</b> 8:30 - 9:30 a.m.		<b>Essentrics™</b> 9:15 - 10:15 a.m.
* ◇ <b>Moving for Better Balance 2</b> 9:45 - 10:45 a.m.			<b>Technology Help</b> 9:00 - 10:00 a.m.		
			<b>SilverSneakers® Classic</b> 10:00 - 11:00 a.m.		
<b>Eisenhower will be closed for construction on Saturday, September 7th &amp; Monday, September 9th.</b>  <b>We apologize for any inconvenience.</b>	<b>Table Tennis</b> 11:00 a.m. - 1:00 p.m.		<b>SilverSneakers® Classic</b> 11:15 a.m. - 12:15 p.m.	<b>SilverSneakers® Yoga</b> 2:15 - 3:15 p.m.	
			* ◇ <b>Moving for Better Balance 2</b> 12:30 - 1:30 p.m.	SilverSneakers® classes available at this site ◇ Registration required *Additional fee require MY Denver activities schedule available on site	
	* ◇ <b>Moving for Better Balance 1</b> 1:30 - 2:30 p.m.		* ◇ <b>Moving for Better Balance 1</b> 1:30 - 2:30 p.m.		
	<b>Vinyasa Yoga</b> 6:00 - 7:00 p.m.		<b>Vinyasa Yoga</b> 6:15 - 7:15 p.m.		

## GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Gym</b> 7:00 - 8:15 a.m. 12:45 - 4:30 p.m.	<b>Pickleball: Instruction Clinic</b> 7:30 - 8:30 a.m.	<b>Full-Court Basketball Ages 19+</b> 7:00 - 9:00 a.m.	<b>Pickleball: Instruction Clinic</b> 7:30 - 8:30 a.m.	<b>Open Gym</b> 7:00 - 8:15 a.m. 12:45 - 4:00 p.m.	<b>Open Gym</b> 10:30 a.m. - 2:00 p.m.
<b>Pickleball: Inter. / Adv.</b> 8:30 a.m. - 12:30 p.m.	<b>Pickleball: Beg/Inter.</b> 8:30 - 11:30 a.m.	<b>Open Gym</b> 11:15 a.m. - 4:30 p.m.	<b>Pickleball: Beg/Inter.</b> 8:30 - 11:30 a.m.	<b>Pickleball: Inter. / Adv.</b> 8:30 a.m. - 12:30 p.m.	
	<b>Open Gym</b> 11:45 a.m. - 4:30 p.m.		<b>Open Gym</b> 11:45 a.m. - 4:30 p.m.		

**HOURS OF OPERATION:** MONDAY - THURSDAYS (7:00a - 8:00p) | FRIDAY (7:00a - 7:00p) | SATURDAY (9:00a - 2:00p) | SUNDAY (closed)

EISENHOWER RECREATION CENTER, 4300 E. DARTMOUTH AVE., DENVER, CO 80222 | 720.865.0730 | DENVERGOV.ORG/RECREATION



# EISENHOWER WEEKLY FITNESS ACTIVITIES

FREE WITH MEMBERSHIP OR SINGLE VISIT UNLESS OTHERWISE NOTED

## SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## SILVERSNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is available if needed for seated or standing support.

## 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.

## MOVING FOR BETTER BALANCE 1

Tai Chi: Moving for Better Balance 1 is a group program that focuses on 8 hybrid forms that improve functional ability, such as balance and physical strength, to reduce fall-related risks and frequency. The program is delivered by a certified instructor over the course of 10 weeks.

*\* Program fee & registration required \**

## MOVING FOR BETTER BALANCE 2

Tai Chi: Moving for Better Balance 2 is an advanced continuation of MBB1 where participants will learn an addition 16 forms to assist with improving functional ability, such as balance and physical strength, to reduce fall-related risks and frequency. The program is delivered by a certified instructor over the course of 10 weeks.

*\* Program fee & registration required \**

## PICKLEBALL

Pickleball is a fun paddle sport that combines many elements of tennis, badminton, and ping-pong. It is played on a badminton sized court with a slightly modified tennis net. Play occurs on a "first come, first served" basis. Equipment is available for use.

**Mon/Fri: intermediate/advanced players**  
**Tues/Thu: beginners**

## 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 flexible and agile.

## VINYASA YOGA

This practice is based on foundational yoga poses performed in a dynamic, flowing style to create a balance of physical action, internal focus, and conscious breathing. Poses are modified to include beginners while challenging experienced practitioners.

## FULL-COURT BASKETBALL

Full-court basketball activities may ONLY occur during scheduled times. All interested participants are allowed to rotate in during these self-monitored "pick-up" games.

**PLEASE NOTE: 19+ only on Wednesday mornings**

## OPEN GYM

Open gym is available to shoot around or for other gym activities.

**PLEASE NOTE: Full-court basketball is ONLY available during scheduled times.**