

GLENARM RECREATION CENTER

WINTER 2018, NOVEMBER 25 – MARCH 16

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|
| Club: Social 12:30 - 2:30 p.m. | Yoga en Español 9:00 - 10:00 a.m. | Tai Chi 10:30 - 11:30 a.m. | Table Tennis 10:00 - 12:00 p.m. | Afro – Fusion Fit 1:30 - 2:30 p.m. | Power Stretch 10:00 - 11:00 a.m. |
| Circuit Weight Room 101 12:30 - 1:30 p.m. | Table Tennis 10:00 - 12:00 p.m. | Circuit Weight Room 101 12:30 - 1:30 p.m. | Zumba 12:00 - 1:00 p.m. | | |
| Zumba 11:30 - 12:30 p.m. | Zumba 4:45 - 5:45 p.m. | Hi/Lo Aerobics 6:00 - 7:00 p.m. | Yoga I 6:00 - 7:00 p.m. | | |
| Hi/Lo Aerobics 6:00 - 7:00 p.m. | Yoga I 6:00 - 7:00 p.m. | | | | |
| <p>* ◇ Trip: Slammers Bingo Hall 11/26 & 1/14 • 10:00 - 2:30 p.m. • \$5</p> <p>* ◇ Holiday Luncheon 12/10 • 12:30 - 2:30 p.m. • \$7</p> | | | | | |

SilverSneakers® honored at this site

• Additional fees may apply

◇ Registration required

MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|--|--|---|---|---|--------------------------------------|
| Gymnasium | Pickleball 10:30 a.m. - 12:30 p.m. | Full-Court Basketball Ages 18+ 6:00 a.m. - 8:00 a.m. | | Full-Court Basketball Ages 18+ 6:00 a.m. - 8:00 a.m. | | |
| | Open Gym 12:30 p.m. - 4:45 p.m. | Open Gym 8:00 a.m. - 4:45 p.m. | Open Gym 10:00 a.m. - 4:45 p.m. | Pickleball (Court 1 & 2) 10:30 a.m. - 12:30 p.m. | Open Gym 10:00 a.m. - 4:45 p.m. | Open Gym 12:15 - 3:30 p.m. |
| | | | | Open Gym 8:00 a.m. - 10:30 a.m. 12:30 p.m. - 4:45 p.m. | | |
| Racquetball | 10:30 a.m. - 7:30 p.m. | 6:30 a.m. - 7:30 p.m. | 10:30 a.m. - 7:30 p.m. | 6:30 a.m. - 7:30 p.m. | 10:30 a.m. - 6:30 p.m. | 10:00 a.m. - 3:00 p.m. |
| Walleyball | | | | 10:00 a.m. - 11:00 a.m. | | |

HOURS OF OPERATION: MONDAY, WEDNESDAY (10:00a - 8:00p) | TUESDAY, THURSDAY (6:00a - 8:00p) | FRIDAY (10:00a - 7:00p) | SATURDAY (9:30a - 3:30p)

GLENARM RECREATION CENTER, 2800 GLENARM PLACE, DENVER, CO 80205 | 720.865.3380 | DENVERGOV.ORG/RECREATION