



# GLENARM RECREATION CENTER

FALL 2018, AUGUST 19– NOVEMBER 24

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Club: Social</b> 12:30 - 2:30 p.m.	<b>Meditation</b> 9:45 - 10:30 a.m.	<b>Tai Chi</b> 10:30 - 11:30 a.m.	<b>Zumba</b> 12:00 – 1:00 p.m.	<b>Afro –Fusion Fit</b> 1:30 – 2:30 p.m.	<b>Power Stretch</b> 10:00 - 11:00 a.m.
<b>Circuit Weight Room 101</b> 12:30 - 1:30 p.m.	<b>Zumba</b> 4:45 - 5:45 p.m.	<b>Circuit Weight Room 101</b> 12:30 - 1:30 p.m.	<b>Yoga I</b> 6:00 - 7:00 p.m.		
<b>Zumba</b> 11:30 - 12:30 p.m.	<b>Yoga I</b> 6:00 – 7:00 p.m.	<b>Hi/Lo Aerobics</b> 6:00 – 7:00 p.m.			
<b>Hi/Lo Aerobics</b> 6:00 - 7:00 p.m.					
* ◇ <b>Trip: Pappadeux Out to Lunch</b> 10/01 ▪ 11:00 - 1:00 p.m. ▪ \$3					
* ◇ <b>Fall Colors &amp; Elk Bugling</b> 10/15 ▪ 9:00 - 3:00 p.m. ▪ \$7					

SilverSneakers® honored at this site  
 • Additional fees may apply  
 MY Denver youth activities schedule available on site

## GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gymnasium</b>	<b>Pickleball</b> 10:30 a.m. - 12:30 p.m.	<b>Full-Court Basketball Ages 18+</b> 6:00 a.m. - 8:00 a.m.		<b>Full-Court Basketball Ages 18+</b> 6:00 a.m. - 8:00 a.m.		<b>Full-Court Basketball Ages 18+</b> 10:00 a.m. - 12:00 p.m.
	<b>Open Gym</b> 12:30 p.m. - 6:00 p.m.	<b>Open Gym</b> 8:00 a.m. - 8:00 p.m.	<b>Open Gym</b> 10:00 a.m. - 6:00 p.m.	<b>Pickleball (Court 1 &amp; 2)</b> 10:30 a.m. - 12:30 p.m.	<b>Open Gym</b> 10:00 a.m. – 7:00 p.m.	
	<b>Full-Court Basketball Ages 18+</b> 6:00 p.m. - 7:30 p.m.		<b>Full-Court Basketball Ages 18+</b> 6:00 p.m. - 7:30 p.m.	<b>Open Gym</b> 8:00 a.m. - 10:30 a.m. 12:30 p.m.– 8:00 p.m.		<b>Open Gym</b> 12:00 p.m. - 3:30 p.m.
<b>Racquetball</b>	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.
<b>Walleyball</b>				10:00 a.m. - 11:00 a.m.		