



MONTBELLO RECREATION CENTER

WINTER 2018, NOVEMBER 25—MARCH 16TH

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SilverSneakers® Classic 9:30 - 10:30 a.m.	SilverSneakers® Yoga 9:30 - 10:30 a.m.	SilverSneakers® Classic 9:30 - 10:30 a.m.	SilverSneakers® Cardio 9:30 - 10:30 a.m.	SilverSneakers® Circuit 10:45 - 11:45 a.m.	
Circuit Weight Room 101 10:45 a.m. - 11:45 a.m.	T'ai Chi 10:40 - 11:40 a.m.		T'ai Chi 10:40 - 11:40 a.m.		
	Club: Social 1:00 - 4:00 p.m.		Club: Social 1:00 - 4:00 p.m.	MY Denver youth activities schedule available on site SilverSneakers® classes available at this site	

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COURT 1	Open Gym 9:00 a.m. - 3:45 p.m.	Open Gym 6:00 a.m. - 10:30 a.m.	Open Gym 6:00 a.m. - 4:30 p.m.	Open Gym 6:00 a.m. - 10:30 a.m.	Open Gym 6:00 a.m. - 4:30 p.m.	Open Gym 6:00 a.m. - 4:30 p.m.	Open Gym 2:00 p.m. - 3:45 p.m.
		Full-Court Basketball Ages 21+ 10:30 - 12:30 p.m.		Full-Court Basketball Ages 21+ 10:30 - 12:30 p.m.			
		Open Gym 12:30 p.m. - 4:30 p.m.		Open Gym 12:30 p.m. - 4:30 p.m.			
COURT 2	Pickleball 9:00 a.m. - 12:00 p.m.	Open Gym 6:00 a.m. - 4:30 p.m.	Pickleball 7:00 a.m. - 12:00 p.m.	Open Gym 6:00 a.m. - 4:30 p.m.	Pickleball 7:00 a.m. - 12:00 p.m.	Open Gym 6:00 a.m. - 4:30 p.m.	Open Gym 2:00 p.m. - 3:45 p.m.
	Full-Court Basketball Ages 15+ 12:30 - 3:45 p.m.		Open Gym 12:00 - 4:30 p.m.		Open Gym 12:00 - 4:30 p.m.		

HOURS OF OPERATION: MONDAY - FRIDAY (6:00a - 8:00p) | SATURDAY & SUNDAY (9:00a - 4:00p)

MONTBELLO RECREATION CENTER 15555 E. 53RD AVENUE DENVER, CO 80239 | 720.865.0580 | DENVERGOV.ORG/RECREATION