



MONTCLAIR RECREATION CENTER

FALL 2019, AUGUST 18 - NOVEMBER 23

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	T'ai Chi 9:00 - 10:00 a.m.	Total Body Conditioning 8:45 - 9:45 a.m.	Essentrics™ 11:30 a.m. - 12:30 p.m.	Total Body Conditioning 8:45 - 9:45 a.m.	H.I.I.T 45 9:00 - 9:45 a.m.	Push Hands 9:30 - 10:30 a.m.
	Essentrics™ 11:30 a.m. - 12:30 p.m.	◇ Circuit Training 9:15 - 10:15 a.m.	T'ai Chi 1:00 - 2:00 p.m.	SilverSneakers® Classic 10:00 - 11:00 a.m.	Qi Gong 9:00 - 10:00 a.m.	Zumba 10:45 - 11:45 a.m.
	Yoga Level I 12:00 - 1:00 p.m.	SilverSneakers® Classic 10:00 - 11:00 a.m.	SilverSneakers® Circuit 2:15 - 3:15 p.m.	Yoga Level I 12:00 - 1:00 p.m.	SilverSneakers® Classic 10:00 - 11:00 a.m.	
	Essentrics™ 6:00 - 7:00 p.m.	Club: Mah Jongg 11:00 a.m. - 4:00 p.m.	Yoga Level I 6:30 - 7:30 p.m.	Club: Party Bridge 12:00 - 4:00 p.m.	AOA Chair Yoga 11:30 a.m. - 12:30 p.m.	
		Yoga Level II 12:00 - 1:00 p.m.		* Cancer Wellness Program 1:10 - 2:10 p.m.	Essentrics™ 11:30 a.m. - 12:30 p.m.	
		* Cancer Wellness Program 1:10 - 2:10 p.m.				

SilverSneakers® classes available at this site

* Additional fees may apply

◇ Class is located in the weight room

MY Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Women's Full-Court Basketball, Ages 16+ 9:00 - 11:00 a.m.	Open Gym 6:00 - 8:00 a.m. 12:45 - 3:30 p.m.	Open Gym 6:00 - 8:30 a.m. 1:30 - 3:30 p.m.	Open Gym 6:00 - 8:00 a.m. 12:45 - 3:30 p.m..	Open Gym 6:00 - 8:30 a.m. 11:15 a.m. - 3:30 p.m.	Open Gym 12:45 - 4:45 p.m.	Open Gym 9:00 a.m. - 3:30 p.m.
Men's Full-Court Basketball, Ages 19+ 11:00 a.m. - 1:00 p.m.	Pickleball 8:00 - 11:15 a.m.		Pickleball 8:00 - 11:15 a.m.		Pickleball 6:15 - 8:45 a.m.	
Open Gym 1:00 - 3:30 p.m.						

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

MONTCLAIR RECREATION CENTER, 729 ULSTER WAY, DENVER, CO 80230 | 720.865.0560 | DENVERGOV.ORG/RECREATION