## RUDE RECREATION CENTER

**Winter 2019-2020 - November 24– March 14**

Activities listed are included with regional level passes/memberships. Additional fees apply for local or neighborhood levels.

<table>
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<tr>
<th>Monday</th>
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| **AOA CWR 101**  
  9:30 a.m.-10:30 a.m. |             | AOA Tai Chi 
  9:30 a.m.-10:30 a.m. |             |             | **Zumba**  
  10:15 a.m.-11:15 a.m. |
| **Circuit Training**  
  12:00 p.m.-1:00 p.m. | **Circuit Training**  
  12:00 p.m.-1:00 p.m. |             | **Circuit Training**  
  12:00 p.m.-1:00 p.m. |             |             |
| **Power Step**  
  6:15 p.m.-7:15 p.m. | **Yoga**  
  6:00 p.m.-7:00 p.m. | **Power Step**  
  6:15 p.m.-7:15 p.m. | **Yoga**  
  6:00 p.m.-7:00 p.m. | **Power Step**  
  6:00 p.m.-7:15 p.m. |             |
| **Zumba**  
  7:30 p.m.-8:30 p.m. |             |             |             |             |             |

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### Open Gym

<table>
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<tr>
<th>Sunday</th>
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<th>Saturday</th>
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</thead>
</table>
| **Open Gym**  
  6:00 a.m.-5:00 p.m. | **Open Gym**  
  6:00 a.m.-5:00 p.m. | **Open Gym**  
  6:00 a.m.-5:00 p.m. | **Open Gym**  
  6:00 a.m.-5:00 p.m. | **Open Gym**  
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  6:00 a.m.-5:00 p.m. |

**MY Denver youth activities schedule available on site**  
**SilverSneakers® honored at this site**  
*(AOA) Active Older Adults*

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**Hours of Operation:**

- **Monday - Thursday:** 6:00 a.m. - 9:00 p.m.  
- **Friday:** 6:00 a.m. - 8:00 p.m.  
- **Saturday:** 9:00 a.m. - 3:00 p.m.  
- **Sunday:** 9:00 a.m. - 1:00 p.m.

**Rude Recreation Center, 2855 W. Holden Place, Denver, CO 80204 | 720.865.0570 | DenverGov.org/Recreation**

Revised 11/24/2019