

SOUTHWEST RECREATION CENTER

WINTER 2018, NOVEMBER 25TH- MARCH 16TH

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AOA 50+ Beginner Yoga 12:15 pm– 1:15 pm	AOA Functional Fit 1:30 pm—2:30 pm				
	Total Body Conditioning 5:30 - 6:30 p.m.	Tai Chi 1:00 - 2:00 p.m.			Yoga I 11:00 a.m. - 12:00 p.m.
Pilates 6:45 - 7:45 p.m.	Yoga I 5:45 - 6:45 p.m.	Pilates 6:45 - 7:45 p.m.	Total Body Conditioning 5:30 - 6:30 p.m.		

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

SilverSneakers® honored at this site
 MY Denver youth activities schedule available on site

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 9:00 - 9:45 a.m. 1:15 - 4:00 p.m.	Open Gym 9:00 a.m. - 4:00 p.m. 8:00 p.m. - 9:00 p.m.	Open Gym 9:00 - 9:45 a.m. 1:15 - 4:00 p.m.	Open Gym 9:00 a.m. - 4:00 p.m. 8:00 p.m. - 9:00 p.m.	Open Gym 9:00 - 9:45 a.m. 1:15 - 4:00 p.m.	Open Gym 11:00 a.m. - 1:00 p.m.
Pickleball 10:00 a.m. - 1:00 p.m.	Learn to Play Pickleball Beginners (One Court) 9:30 am-10:30 am	Pickleball 10:00 a.m. - 1:00 p.m.		Pickleball 10:00 a.m. - 1:00 p.m.	

HOURS OF OPERATION: MONDAY, WEDNESDAY (9:00a - 8:00p) | TUESDAY, THURSDAY (9:00a - 9:00p) | FRIDAY (9:00a - 7:00p) | SATURDAY (9:00a - 1:00p) | SUNDAY (closed)

SOUTHWEST RECREATION CENTER, 9200 W. SARATOGA PLACE, DENVER, CO 80123 | 720.865.0670 | DENVERGOV.ORG/RECREATION