

Explore Fall 2020 Fitness Programs



REGISTER FOR PROGRAMS NOW!

Denver Parks & Recreation

[DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation)
Recreation.Administration@Denvergov.org

PROGRAMS WILL OCCUR OUTDOORS FOLLOWING COVID-SAFE PROTOCOLS AND GUIDELINES AS OUTLINED BY CDC, STATE AND LOCAL ORDERS.

Fitness & Wellness

FREE ONLINE PROGRAMMING AVAILABLE
JOIN US ON ZOOM!

DAY	TIME	MEETING ID	ACTIVITY #
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Functional Movement			
M	12:00-12:45 PM	999 5131 3786	NA

[Denvergov.org.zoom.us/j/99951313786](https://denvergov.org.zoom.us/j/99951313786)
Ages: 15+FREE

Zumba®			
W	9:30-10:30 AM	990 9597 4258	NA

[Denvergov.org.zoom.us/j/99095974258](https://denvergov.org.zoom.us/j/99095974258)
Ages: 15+FREE

Circuit Training			
F	12:00-12:45 PM	960 7616 1583	NA

[Denvergov.org.zoom.us/j/96076161583](https://denvergov.org.zoom.us/j/96076161583)
Ages: 15+FREE

***LIMITED OUTDOOR PROGRAMMING AVAILABLE**
Locations: Central Park, St. Charles, Washington Park

Boot Camp	
Ages: 15+	\$7.50

Core & Glutes	
Ages: 15+	\$.5

HIIT (High Intensity Interval Training)	
Ages: 15+	\$.5

Power Yoga	
Ages: 15+	\$10

Running Conditioning	
Ages: 15+	\$10

Total Body Conditioning	
Ages: 15+	\$7.50

Vinyasa Yoga	
Ages: 15+	\$10

Yoga 1	
Ages: 15+	\$10

Zumba®	
Ages: 15+	\$10

Central Park Recreation Center

DAY	TIME	DATE	ACTIVITY #
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Boot Camp			
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Th	7:00-7:45 AM	09/10	60352
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W	9:00-9:45 AM	09/16	60353
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Th	7:00-7:45 AM	09/17	60354
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W	9:00-9:45 AM	09/23	60355
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Th	7:00-7:45 AM	09/24	60356
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W	9:00-9:45 AM	09/30	60357
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Th	7:00-7:45 AM	10/01	60358
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W	9:00-9:45 AM	10/07	60359
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Th	7:00-7:45 AM	10/08	60360
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W	9:00-9:45 AM	10/14	60361
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Th	7:00-7:45 AM	10/15	60362
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W	9:00-9:45 AM	10/21	60363
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Th	7:00-7:45 AM	10/22	60364
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W	9:00-9:45 AM	10/28	60365
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Th	7:00-7:45 AM	10/29	60366
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Ages: 15+ \$7.50 per session

DAY	TIME	DATE	ACTIVITY #
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Core & Glutes			
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M	5:30-6:00 PM	09/14	60382
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W	7:00-7:30 AM	09/16	60383
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M	5:30-6:00 PM	09/21	60384
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W	7:00-7:30 AM	09/23	60385
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M	5:30-6:00 PM	09/28	60386
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W	7:00-7:30 AM	09/30	60387
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M	5:30-6:00 PM	10/05	60388
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W	7:00-7:30 AM	10/07	60389
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M	5:30-6:00 PM	10/12	60390
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W	7:00-7:30 AM	10/14	60391
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W	7:00-7:30 AM	10/21	60392
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M	5:30-6:00 PM	10/26	60393
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W	7:00-7:30 AM	10/28	60394
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Ages: 15+ \$5 per session

DAY	TIME	DATE	ACTIVITY #
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HIIT (High Intensity Interval Training)			
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M	8:00-8:30 AM	09/14	60395
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M	8:00-8:30 AM	09/21	60396
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M	8:00-8:30 AM	09/28	60397
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M	8:00-8:30 AM	10/05	60398
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M	8:00-8:30 AM	10/12	60399
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M	8:00-8:30 AM	10/26	60400
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Ages: 15+ \$5 per session

DAY	TIME	DATE	ACTIVITY #
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Total Body Conditioning			
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Th	5:30-6:15 PM	09/10	60402
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Tu	7:00-7:45 AM	09/15	60403
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Th	5:30-6:15 PM	09/17	60404
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Tu	7:00-7:45 AM	09/22	60405
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Th	5:30-6:15 PM	09/24	60406
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Tu	7:00-7:45 AM	09/29	60407
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Th	5:30-6:15 PM	10/01	60408
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Tu	7:00-7:45 AM	10/06	60409
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Th	5:30-6:15 PM	10/08	60410
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Tu	7:00-7:45 AM	10/13	60411
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Th	5:30-6:15 PM	10/15	60412
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Tu	7:00-7:45 AM	10/20	60413
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Th	5:30-6:15 PM	10/22	60414
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Tu	7:00-7:45 AM	10/27	60415
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Th	5:30-6:15 PM	10/29	60416
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Ages: 15+ \$7.50 per session

DAY	TIME	DATE	ACTIVITY #
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Vinyasa Yoga			
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F	9:00-10:00 AM	09/11	60417
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F	9:00-10:00 AM	09/18	60418
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F	9:00-10:00 AM	09/25	60419
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F	9:00-10:00 AM	10/02	60420
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F	9:00-10:00 AM	10/09	60421
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F	9:00-10:00 AM	10/16	60422
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F	9:00-10:00 AM	10/23	60423
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F	9:00-10:00 AM	10/30	60424
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Ages: 15+ \$10 per session



*Outdoor Programs: Space is limited (23 max)

Registration is required and closes 48 hrs before each class - first come, first served.

Visit [DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation) to register and for the most up-to-date information.



@DenverParksRec
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Functional Movement			
M	12:00-12:45 PM	999 5131 3786	NA
Denvergov.org.zoom.us/j/99951313786			
Ages: 15+FREE			

Zumba®			
W	9:30-10:30 AM	990 9597 4258	NA
Denvergov.org.zoom.us/j/99095974258			
Ages: 15+FREE			

Circuit Training			
F	12:00-12:45 PM	960 7616 1583	NA
Denvergov.org.zoom.us/j/96076161583			
Ages: 15+FREE			

***LIMITED OUTDOOR PROGRAMMING AVAILABLE**
 Locations: Central Park, St. Charles, Washington Park

Boot Camp			
Ages: 15+\$7.50			

Core & Glutes			
Ages: 15+\$5			

HIIT (High Intensity Interval Training)			
Ages: 15+\$5			

Power Yoga			
Ages: 15+\$10			

Running Conditioning			
Ages: 15+\$10			

Total Body Conditioning			
Ages: 15+\$7.50			

Vinyasa Yoga			
Ages: 15+\$10			

Yoga 1			
Ages: 15+\$10			

Zumba®			
Ages: 15+\$10			

St. Charles Recreation Center

DAY	TIME	DATE	ACTIVITY #
Boot Camp			
Tu	8:00-8:45 AM	09/15	60337
W	5:30-6:15 PM	09/16	60338
Tu	8:00-8:45 AM	09/22	60339
W	5:30-6:15 PM	09/23	60340
Tu	8:00-8:45 AM	09/29	60341
W	5:30-6:15 PM	09/30	60342
Tu	8:00-8:45 AM	10/06	60343
W	5:30-6:15 PM	10/07	60344
Tu	8:00-8:45 AM	10/13	60345
W	5:30-6:15 PM	10/14	60346
Tu	8:00-8:45 AM	10/20	60347
W	5:30-6:15 PM	10/21	60348
Tu	8:00-8:45 AM	10/27	60349
W	5:30-6:15 PM	10/28	60350
Ages: 15+\$7.50 per session			

Core & Glutes			
Th	8:00-8:30 AM	09/10	60439
Th	8:00-8:30 AM	09/17	60440
Th	8:00-8:30 AM	09/24	60441
Th	8:00-8:30 AM	10/01	60442
Th	8:00-8:30 AM	10/08	60443
Th	8:00-8:30 AM	10/15	60444
Th	8:00-8:30 AM	10/22	60445
Th	8:00-8:30 AM	10/29	60446
Ages: 15+\$5 per session			

HIIT (High Intensity Interval Training)			
M	7:00-7:30 AM	09/14	60433
M	7:00-7:30 AM	09/21	60434
M	7:00-7:30 AM	09/28	60435
M	7:00-7:30 AM	10/05	60436
M	7:00-7:30 AM	10/12	60437
M	7:00-7:30 AM	10/26	60438
Ages: 15+\$5 per session			

Zumba®			
M	8:30-9:30 AM	09/14	60479
M	8:30-9:30 AM	09/21	60480
M	8:30-9:30 AM	09/28	60481
M	8:30-9:30 AM	10/05	60482
M	8:30-9:30 AM	10/12	60483
M	8:30-9:30 AM	10/26	60484
Ages: 15+\$10 per session			

DAY	TIME	DATE	ACTIVITY #
Total Body Conditioning			
F	7:00-7:45 AM	09/11	60448
Tu	10:00-10:45 AM	09/15	60449
F	7:00-7:45 AM	09/18	60450
Tu	10:00-10:45 AM	09/22	60451
F	7:00-7:45 AM	09/25	60452
Tu	10:00-10:45 AM	09/29	60453
F	7:00-7:45 AM	10/02	60454
Tu	10:00-10:45 AM	10/06	60455
F	7:00-7:45 AM	10/09	60456
Tu	10:00-10:45 AM	10/13	60457
F	7:00-7:45 AM	10/16	60458
Tu	10:00-10:45 AM	10/20	60459
F	7:00-7:45 AM	10/23	60460
Tu	10:00-10:45 AM	10/27	60461
F	7:00-7:45 AM	10/30	60462
Ages: 15+\$7.50 per session			

Vinyasa Yoga			
Th	10:00-11:00 AM	09/10	60463
Th	10:00-11:00 AM	09/17	60464
Th	10:00-11:00 AM	09/24	60465
Th	10:00-11:00 AM	10/01	60466
Th	10:00-11:00 AM	10/08	60467
Th	10:00-11:00 AM	10/15	60468
Th	10:00-11:00 AM	10/22	60469
Th	10:00-11:00 AM	10/29	60470
Ages: 15+\$10 per session			

Yoga 1			
W	7:00-8:00 AM	09/16	60472
W	7:00-8:00 AM	09/23	60473
W	7:00-8:00 AM	09/30	60474
W	7:00-8:00 AM	10/07	60475
W	7:00-8:00 AM	10/14	60476
W	7:00-8:00 AM	10/21	60477
W	7:00-8:00 AM	10/28	60478
Ages: 15+\$10 per session			

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Ages: 15+ FREE			

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W	9:30-10:30 AM	990 9597 4258	NA
Denvergov.org.zoom.us/j/99095974258			
Ages: 15+ FREE			

Circuit Training			
F	12:00-12:45 PM	960 7616 1583	NA
Denvergov.org.zoom.us/j/96076161583			
Ages: 15+ FREE			

***LIMITED OUTDOOR PROGRAMMING AVAILABLE**
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Ages: 15+ \$7.50			

Core & Glutes			
Ages: 15+ \$5			

HIIT (High Intensity Interval Training)			
Ages: 15+ \$5			

Power Yoga			
Ages: 15+ \$10			

Running Conditioning			
Ages: 15+ \$10			

Total Body Conditioning			
Ages: 15+ \$7.50			

Vinyasa Yoga			
Ages: 15+ \$10			

Yoga 1			
Ages: 15+ \$10			

Zumba®			
Ages: 15+ \$10			

Washington Park Recreation Center

Boot Camp

DAY	TIME	DATE	ACTIVITY #
Th	7:00-7:45 AM	09/10	60367
M	10:00-10:45 AM	09/14	60368
Th	7:00-7:45 AM	09/17	60369
M	10:00-10:45 AM	09/21	60370
Th	7:00-7:45 AM	09/24	60371
M	10:00-10:45 AM	09/28	60372
Th	7:00-7:45 AM	10/01	60373
M	10:00-10:45 AM	10/05	60374
Th	7:00-7:45 AM	10/08	60375
M	10:00-10:45 AM	10/12	60376
Th	7:00-7:45 AM	10/15	60377
Th	7:00-7:45 AM	10/22	60378
M	10:00-10:45 AM	10/26	60379
Th	7:00-7:45 AM	10/29	60380
Ages: 15+ \$7.50 per session			

Core & Glutes

Th	10:00-10:30 AM	09/17	60486
Th	10:00-10:30 AM	09/24	60487
Th	10:00-10:30 AM	10/01	60488
Th	10:00-10:30 AM	10/08	60489
Th	10:00-10:30 AM	10/15	60490
Th	10:00-10:30 AM	10/22	60491
Th	10:00-10:30 AM	10/29	60492
Ages: 15+ \$5 per session			

HIIT (High Intensity Interval Training)

Tu	4:30-5:00 PM	09/15	60495
W	8:00-8:30 AM	09/16	60496
Tu	4:30-5:00 PM	09/22	60497
W	8:00-8:30 AM	09/23	60498
Tu	4:30-5:00 PM	09/29	60499
W	8:00-8:30 AM	09/30	60500
Tu	4:30-5:00 PM	10/06	60501
W	8:00-8:30 AM	10/07	60502
Tu	4:30-5:00 PM	10/13	60503
W	8:00-8:30 AM	10/14	60504
Tu	4:30-5:00 PM	10/20	60505
W	8:00-8:30 AM	10/21	60506
Tu	4:30-5:00 PM	10/27	60507
W	8:00-8:30 AM	10/28	60508
Ages: 15+ \$5 per session			

Power Yoga

Tu	7:00-8:00 AM	09/15	60510
Tu	7:00-8:00 AM	09/22	60511
Tu	7:00-8:00 AM	09/29	60512
Tu	7:00-8:00 AM	10/06	60513
Tu	7:00-8:00 AM	10/13	60514
Tu	7:00-8:00 AM	10/20	60515
Tu	7:00-8:00 AM	10/27	60516
Ages: 15+ \$10 per session			

Running Conditioning

M	7:00-8:00 AM	09/14	60517
M	7:00-8:00 AM	09/21	60518
M	7:00-8:00 AM	09/28	60519
M	7:00-8:00 AM	10/05	60520
M	7:00-8:00 AM	10/12	60521
M	7:00-8:00 AM	10/26	60522
Ages: 15+ \$10 per session			

Total Body Conditioning

F	7:00-7:45 AM	09/11	60523
F	7:00-7:45 AM	09/18	60524
F	7:00-7:45 AM	09/25	60525
F	7:00-7:45 AM	10/02	60526
F	7:00-7:45 AM	10/09	60527
F	7:00-7:45 AM	10/16	60528
F	7:00-7:45 AM	10/23	60529
F	7:00-7:45 AM	10/30	60530
Ages: 15+ \$7.50 per session			

Vinyasa Yoga

W	11:00 AM-12:00 PM	09/16	60532
W	11:00 AM-12:00 PM	09/23	60533
W	11:00 AM-12:00 PM	09/30	60534
W	11:00 AM-12:00 PM	10/07	60535
W	11:00 AM-12:00 PM	10/14	60536
W	11:00 AM-12:00 PM	10/21	60537
W	11:00 AM-12:00 PM	10/28	60539
Ages: 15+ \$10 per session			

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