### Outdoor Recreation

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>7:00 AM-4:00 PM</td>
<td>Cross Country Skiing</td>
<td>03/05</td>
<td>91668</td>
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<tr>
<td>Ages: 18-64</td>
<td></td>
<td></td>
<td></td>
<td>$31.50</td>
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<tr>
<td>Ages: 65+</td>
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<td>$20.25</td>
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</tbody>
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### Urban Riders

Registration: Wednesday 1/24 from 5:00-7:00 pm
Sa: 5:45 AM-6:30 PM 02/24-03/09
Ages: 13-17            | $50

### Active Older Adults

**50+ Functional Fit**

Tu: 11:30 AM-12:30 PM year-round 89844
Ages: 50+            | Drop in class. FREE with membership

**50+ Gentle Yoga**

Tu: 11:00 AM-12:00 PM year-round 89871
Ages: 50+            | Drop in class. FREE with membership

**Club: Social**

W: 12:30-4:30 PM year-round 89942
Ages: 50+            | Drop in class. FREE with membership

**Trip: Explore Blackhawk**

Tu: 9:00 AM-3:30 PM 02/06 89801
Ages: 50+            | $7

### CityWide Sports

See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](http://DENVERCITYWIDESPORTS.ORG)

### MY Denver

See our full schedule of classes online at: [DENVERGOV.ORG/FITNESS](http://DENVERGOV.ORG/FITNESS)

**MY Denver Activities**

M-F: 4:00-6:30 PM year-round 90745
Ages: 8-18            | Drop in class. FREE with membership

**MY Denver Karate**

W: 7:00-8:00 PM year-round 90760
Ages: 5-18            | Drop in class. FREE with membership

**MY Denver Kids in the Kitchen**

F: 6:00-7:00 PM 01/19-03/08 90732
Ages: 8-18            | Drop in class. FREE with membership

### Discounts:
Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.

### Fitness & Wellness

**Group Training**

M: 10:45-11:45 AM  year-round 90561
Ages: 15+            | Drop in class. FREE with membership

**HIIT**

F: 5:00-5:45 PM  year-round 90565
Ages: 15+            | Drop in class. FREE with membership

**Power Yoga**

M: 4:30-5:30 PM  year-round 90591
W: 1:00-2:00 PM  year-round 90592
Ages: 15+            | Drop in class. FREE with membership

**Total Body Conditioning**

Tu: 10:00-11:00 AM  year-round 90604
Th: 9:00-10:00 AM  year-round 90603
F: 6:00-7:00 PM  year-round 90605
Ages: 15+            | Drop in class. FREE with membership

**WITT Weight Room Introduction**

Tu,Th: 4:00-6:00 PM  02/06-02/08 91540
Ages: 13-17            | $30

**Zumba®**

M: 9:00-10:00 AM  year-round 90680
M: 6:00-7:00 PM  year-round 90678
Tu: 6:30-7:30 PM  year-round 90679
Th: 6:30-7:30 PM  year-round 91834
Sa: 10:30-11:30 AM  year-round 90681
Ages: 15+            | Drop in class. FREE with membership

### Youth Team Sports

**Co-Ed Basketball**

Th: 5:00-6:00 PM  Ages: 5-6 90920
Sa: 10:15-11:15 AM  Ages: 5-6 Dates: 1/3/24-2/24/24 $40

**Boys Basketball**

M: 5:00-6:00 PM  Ages: 7-8 90861
Sa: 11:30 AM-12:30 PM  Ages: 9-10 90889
Tu,Th: 7:15-8:15 PM  Ages: 11-12 90801
Tu,W: 5:00-6:00 PM  Ages: 13-14 90827

**Girls Basketball**

M: 5:00-6:00 PM  Ages: 7-8 90984
Sa: 11:30 AM-12:30 PM  Ages: 9-10 91007
Tu,Th: 7:15-8:15 PM  Ages: 11-12 90946
Tu,W: 5:00-6:00 PM  Ages: 13-14 90920

**Co-Ed Basketball**

M-F: 4:00-6:30 PM  Ages: 15+ $15

**Individual Training**

60 minute session with one of our Certified Personal Trainers.
Ages: 15+            | 1 Session $45

**Nutrition Plan**

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
Fee: 45

### Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370
M-F: 6am-8pm / Sat: 10am-4pm / Sun: Closed

Browse the Activity Guide, and register for programs at [DENVERGOV.ORG/RECREATION](http://DENVERGOV.ORG/RECREATION)

SeeYourselfHere.org