

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
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[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
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[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
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[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

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

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)

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

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

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.

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Ages: 15+ FREE

Zumba®

W	9:30-10:30 AM	990 9597 4258	NA
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Ages: 15+ FREE

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F	12:00-12:45 PM	960 7616 1583	NA
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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 #
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Boot Camp

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

Core & Glutes

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

HIIT (High Intensity Interval Training)

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

Zumba®

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

DAY	TIME	DATE	ACTIVITY #
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Total Body Conditioning

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

Vinyasa Yoga

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

Yoga 1

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

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W	9:30-10:30 AM	990 9597 4258	NA
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Ages: 15+ FREE

Circuit Training

F	12:00-12:45 PM	960 7616 1583	NA
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[Denvergov.org.zoom.us/j/96076161583](https://denvergov.org.zoom.us/j/96076161583)

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Boot Camp

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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

DAY	TIME	DATE	ACTIVITY #
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Boot Camp

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

Core & Glutes

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

HIIT (High Intensity Interval Training)

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

DAY	TIME	DATE	ACTIVITY #
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Power Yoga

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

Running Conditioning

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

Total Body Conditioning

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

Vinyasa Yoga

W	11:00 AM-12:00 PM	09/16	60532
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W	11:00 AM-12:00 PM	09/23	60533
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W	11:00 AM-12:00 PM	09/30	60534
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W	11:00 AM-12:00 PM	10/07	60535
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W	11:00 AM-12:00 PM	10/14	60536
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W	11:00 AM-12:00 PM	10/21	60537
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W	11:00 AM-12:00 PM	10/28	60539
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