Fitness & Wellness

FREE ONLINE PROGRAMMING AVAILABLE
JOIN US ON ZOOM!

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>MEETING ID</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Functional Movement</td>
<td>M 12:00-12:45 PM</td>
<td>999 5131 3786</td>
<td>NA</td>
</tr>
<tr>
<td>Zumba®</td>
<td>W 9:30-10:30 AM</td>
<td>990 9597 4258</td>
<td>NA</td>
</tr>
<tr>
<td>Circuit Training</td>
<td>F 12:00-12:45 PM</td>
<td>960 7616 1583</td>
<td>NA</td>
</tr>
</tbody>
</table>

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

*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 to register and for the most up-to-date information.
PROGRAMS WILL OCCUR OUTDOORS FOLLOWING COVID-SAFE PROTOCOLS AND GUIDELINES AS OUTLINED BY CDC, STATE AND LOCAL ORDERS.

**Fitness & Wellness**

FREE ONLINE PROGRAMMING AVAILABLE
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</thead>
<tbody>
<tr>
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</tbody>
</table>

**St. Charles Recreation Center**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>8:00-8:45 AM</td>
<td>09/15</td>
<td>60337</td>
</tr>
<tr>
<td>Tu</td>
<td>8:00-8:45 AM</td>
<td>09/16</td>
<td>60338</td>
</tr>
<tr>
<td>W</td>
<td>5:30-6:15 PM</td>
<td>09/23</td>
<td>60340</td>
</tr>
<tr>
<td>Tu</td>
<td>8:00-8:45 AM</td>
<td>09/29</td>
<td>60341</td>
</tr>
<tr>
<td>W</td>
<td>5:30-6:15 PM</td>
<td>09/30</td>
<td>60342</td>
</tr>
<tr>
<td>Tu</td>
<td>8:00-8:45 AM</td>
<td>10/06</td>
<td>60343</td>
</tr>
<tr>
<td>W</td>
<td>5:30-6:15 PM</td>
<td>10/07</td>
<td>60344</td>
</tr>
<tr>
<td>Tu</td>
<td>8:00-8:45 AM</td>
<td>10/13</td>
<td>60345</td>
</tr>
<tr>
<td>W</td>
<td>5:30-6:15 PM</td>
<td>10/14</td>
<td>60346</td>
</tr>
<tr>
<td>Tu</td>
<td>8:00-8:45 AM</td>
<td>10/20</td>
<td>60347</td>
</tr>
<tr>
<td>W</td>
<td>5:30-6:15 PM</td>
<td>10/21</td>
<td>60348</td>
</tr>
<tr>
<td>Tu</td>
<td>8:00-8:45 AM</td>
<td>10/27</td>
<td>60349</td>
</tr>
<tr>
<td>W</td>
<td>5:30-6:15 PM</td>
<td>10/28</td>
<td>60350</td>
</tr>
</tbody>
</table>

**Boot Camp**
Ages: 15+ $7.50 per session

**Core & Glutes**
Ages: 15+ $5 per session

**HIIT (High Intensity Interval Training)**
Ages: 15+ $5 per session

**Running Conditioning**
Ages: 15+ $10 per session

**Total Body Conditioning**
Ages: 15+ $7.50 per session

**Vinyasa Yoga**
Ages: 15+ $10 per session

**Yoga 1**
Ages: 15+ $10 per session

**Zumba®**
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 to register and for the most up-to-date information.

**Denver Parks & Recreation**

DENVERGOV.ORG/RECREATION
Recreation.Administration@Denvergov.org

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

**Boot Camp**
Ages: 15+ $7.50 per session

**Core & Glutes**
Ages: 15+ $5 per session

**HIIT (High Intensity Interval Training)**
Ages: 15+ $5 per session

**Power Yoga**
Ages: 15+ $10 per session

**Running Conditioning**
Ages: 15+ $10 per session

**Total Body Conditioning**
Ages: 15+ $7.50 per session

**Vinyasa Yoga**
Ages: 15+ $10 per session

**Yoga 1**
Ages: 15+ $10 per session

**Zumba®**
Ages: 15+ $10 per session

*LIMITED OUTDOOR PROGRAMMING AVAILABLE
Visit DENVERGOV.ORG/RECREATION before each class - first come, first served.

**FREE ONLINE PROGRAMMING AVAILABLE**

denvergov.org/zoom.us/j/99951313786

**FREE ON DEMAND WORKOUTS AVAILABLE**

denvergov.org/zoom.us/j/96076161583

denvergov.org/zoom.us/j/99095974258

denvergov.org/zoom.us/j/99951313786

**TOTAL BODY CONDITIONING**
Ages: 15+ $7.50 per session

**HIIT (High Intensity Interval Training)**
Ages: 15+ $5 per session

**Yoga 1**
Ages: 15+ $10 per session

**Zumba®**
Ages: 15+ $10 per session

JOIN US ON ZOOM! 960 7616 1583 990 9597 4258 999 5131 3786

Visit Denver Parks & Recreation for the most up-to-date information.

@DenverParksRec
On-demand workouts, science and art activities, tips for outdoor recreation and much more!
Explore Fall 2020 Fitness Programs

Register for Programs Now!

Programs will occur outdoors following COVID-safe protocols and guidelines as outlined by CDC, state, and local orders.

Locations: Central Park, St. Charles, Washington Park

Ages: 15+

Zumba®

W 9:30-10:30 AM 990 9597 4258

Ages: 15+ Free

Circuit Training

F 12:00-12:45 PM 960 7616 1583

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

*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 to register and for the most up-to-date information.

**ONLINE PROGRAMMING AVAILABLE**

**JOIN US ON ZOOM!**

- Denvergov.org.zoom.us/j/99951313786
- Denvergov.org.zoom.us/j/99095974258
- Denvergov.org.zoom.us/j/96076161583
- Denvergov.org.zoom.us/j/96076161583

Ages: 15+

HIIT (High Intensity Interval Training)

Tu 4:30-5:00 PM 09/15 60510
M 7:00-8:00 AM 09/15 60511
Tu 7:00-8:00 AM 09/22 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

Power Yoga

Tu 7:00-8:00 AM 09/15 60510
M 7:00-8:00 AM 09/15 60511
Tu 7:00-8:00 AM 09/22 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