

# DENVER RECREATION CENTERS

## CENTRAL PARK RECREATION CENTER



### Hours of Operation

Mon-Thu: 5:30 AM - 9:00 PM  
 Fri: 5:30 AM - 8:00 PM  
 Sat : 8:00 AM - 5:00 PM  
 Sun: 8:00 AM - 5:00 PM

### Gym Hours

**Open Gym**  
 Mon-Thu: 5:30 AM - 9:30 AM, 12:00 PM - 4:00 PM  
 Mon: 6:30 PM - 9:00 PM  
 Fri: 5:30 AM - 4:00 PM  
 Sat: 8:00 AM - 9:30 AM, 4:00 PM - 5:00 PM  
 Sun: 8:00 AM - 12:30 PM, 4:00 PM - 5:00 PM

### Kid Watch Hours **KW**

**Open**  
 Mon-Sat: 8:00 AM - 1:00 PM  
 Mon-Thu: 4:30PM - 8:00PM  
 \*\$5.00 for first Child \$3.00 per additional Child up to 4  
 75 minute max

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga: All Level 9:00-10:00 AM	Indoor Cycling: Adv 5:45-6:45 AM	Yoga: Beginner 6:00-7:00 AM	Indoor Cycling: Adv 5:45-6:45 AM	Indoor Cycling: All 9:00-10:00 AM <b>KW</b>	Indoor Cycling: All 5:45-6:45 AM	ZUMBA® 8:15-9:15 AM <b>KW</b>
	SS®: MSROM 10:00-11:00 AM <b>KW</b>	Indoor Cycling: All 9:00-10:00 AM <b>KW</b>	ZUMBA® 9:00-10:00 AM <b>KW</b>	Boot Camp: Entry 10:00-11:00 AM <b>KW</b>	Yoga: Int/Adv 10:00-11:00 AM <b>KW</b>	Indoor Cycling: All 8:30-9:30 AM <b>KW</b>
	Indoor Cycling: All 5:45-6:45 PM <b>KW</b>	Yoga: Beginner 10:00-11:00 AM <b>KW</b>	SS®: MSROM 10:30-11:30 AM <b>KW</b>	Yoga-lates 5:30-6:30 PM <b>KW</b>		Boot Camp: Int/Adv 8:15-9:15 AM <b>KW</b>
	Boot Camp: Int/Adv 6:00-7:00 PM <b>KW</b>	Pilates 5:30-6:30 PM <b>KW</b>	Indoor Cycling: All 5:45-6:45 PM <b>KW</b>	Indoor Cycling: Adv 6:30-7:30 PM <b>KW</b>		Cardio Sculpt 9:30-10:30 AM <b>KW</b>
		Indoor Cycling: Adv 6:30-7:30 PM <b>KW</b>	Sculpt & Step 6:00-7:00 PM <b>KW</b>	ZUMBA® 6:45-7:45 PM <b>KW</b>		
			Yoga: Int/Adv 7:15-8:15 PM			

Listed DPR activities included with visit pass or annual membership at this facility

**KW** = Kid Watch is available

Members can access any higher level center for \$2 per level per visit

Monthly payment available for annual memberships

Discounted family memberships available