

Explore Summer 2021 Fitness Programs



DENVERGOV.ORG/RECREATION

REGISTER NOW!



ALL DENVER PARKS & RECREATION PROGRAMS WILL FOLLOW COVID-SAFE PROTOCOLS AND GUIDELINES AS OUTLINED BY CDC, STATE AND LOCAL ORDERS.

Total Body Conditioning

DAY	DATE	TIME
Total Body Conditioning		

City Park		
M, Th	6/7-8/30	6:30-7:30 AM
Tu	6/15-8/31	6:30-7:30 PM

Cook Park		
W	6/16-8/25	7:30-8:30 AM

Cook Park Recreation Center		
M	6/21-8/30	3:30-4:30 PM
W	6/2-8/25	12:00-12:45 PM

Hiawatha Davis Jr. Recreation Center		
Tu, Th	6/8-6/31	4:00-5:00 PM

Skyland Park		
Tu	6/8-8/31	6:30-7:30 AM

Washington Park		
M	6/7-8/30	5:30-6:30 PM
W	6/9-8/25	6:30-7:30 AM

Ages: 15+\$2
FREE for MY Denver PRIME, SliverSneakers & Renew Active



Weight Room Circuit Training

DAY	DATE	TIME
Weight Room Circuit Training		

Hiawatha Davis Jr. Recreation Center		
M, W	6/7-8/30	10:00-11:00 AM

Ages: 15+\$2
FREE for MY Denver PRIME, SliverSneakers & Renew Active

Vinyasa Yoga

DAY	DATE	TIME
Vinyasa Yoga		

Benedict Fountain Park		
Tu	6/8-8/31	7:30-8:30 AM

City Park		
W	6/9-8/25	6:30-7:30 PM

Ruby Hill Park		
Th	6/10-8/26	6:30-7:30 PM

Skyland Park		
Tu, Th	6/8-8/31	5:30-6:30 PM

Washington Park		
M	6/7-8/30	6:30-7:30 PM
Tu	6/8-8/31	7:30-8:30 AM

Ages: 15+\$2
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Yoga I

DAY	DATE	TIME
Yoga I		

City Park		
M	6/7-8/30	5:30-6:30 PM

Cook Park		
M	6/7-8/30	5:30-6:30 PM

Cook Park Recreation Center		
Th	6/3-8/26	12:00-1:00 PM

Hiawatha Davis Jr. Recreation Center		
Tu	6/1-8/31	9:30-10:30 AM
F	6/4-8/27	4:00-5:00 PM

Paco Sanchez Park		
Th	6/10-8/26	5:30-6:30 PM

Ages: 15+\$2
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Yoga II

DAY	DATE	TIME
Yoga II		

Ruby Hill Park		
W	6/9-8/25	5:30-6:30 PM

Washington Park		
W	6/9-8/25	6:30-7:30 PM

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Zumba®

DAY	DATE	TIME
Zumba®		

Cook Park Recreation Center		
Th	6/10-8/26	4:00-5:00 PM

Washington Park Boathouse		
Tu	6/8-8/31	9:00-10:00 AM
Th	6/10-8/26	5:30-6:30 PM

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FOR MORE INFORMATION ABOUT RECREATION PROGRAMS & REOPENING PLANS VISIT DENVERGOV.ORG/RECREATION