

# Explore Fall 2023 Activities



Register Beginning July 25th at Noon



# 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](https://denvergov.org/recreation)

## Active Older Adults

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

### 50+ Functional Fit

W	11:30 AM-12:30 PM	year-round	<a href="#">86729</a>
Th	11:30 AM-12:30 PM	year-round	<a href="#">80279</a>

Ages: 50+ ..... Drop in class. FREE with membership

### 50+ Gentle Yoga

Tu	11:00 AM-12:00 PM	year-round	<a href="#">82374</a>
Th	10:30-11:30 AM	year-round	<a href="#">80302</a>

Ages: 50+ ..... Drop in class. FREE with membership

### Club: Social

M	1:00-5:00 PM	year-round	<a href="#">80362</a>
W	12:30-4:30 PM	year-round	<a href="#">80361</a>

Ages: 50+ ..... Drop in class. FREE with membership

### Trip: Explore Blackhawk

W	9:00 AM-3:30 PM	09/20	<a href="#">87481</a>
---	-----------------	-------	-----------------------

Ages: 50+ ..... \$7

### Trip: Explore Fort Collins

Tu	9:00 AM-3:30 PM	10/10	<a href="#">87476</a>
----	-----------------	-------	-----------------------

Ages: 50+ ..... \$7

### Trip: Seniors' Prom Ride

Sa	2:30-6:30 PM	09/09	<a href="#">89517</a>
----	--------------	-------	-----------------------

Ages: 50+ ..... Drop in class. FREE with membership

## MY Denver

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

### MY Denver Activities

M-F	4:00-6:30 PM	year-round	<a href="#">81202</a>
-----	--------------	------------	-----------------------

Ages: 8-18. .... Drop in class. FREE with membership

### MY Denver Karate

W	7:00-8:00 PM	year-round	<a href="#">83386</a>
---	--------------	------------	-----------------------

Ages: 5-18. .... Drop in class. FREE with membership

## CityWide Sports



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

## Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

### Adaptive Dance and Drum

F	2:00-3:00 PM	08/18-09/15	<a href="#">89201</a>
---	--------------	-------------	-----------------------

Ages: 12+ ..... \$12

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



## Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

### D2G SocaFit

Th	6:00-7:00 PM	year-round	<a href="#">81042</a>
----	--------------	------------	-----------------------

Ages: 15+ ..... Drop in class. FREE with membership

### Group Training

M	10:45-11:45 AM	year-round	<a href="#">82263</a>
---	----------------	------------	-----------------------

Ages: 15+ ..... Drop in class. FREE with membership

### HIIT

F	5:00-5:45 PM	year-round	<a href="#">89399</a>
---	--------------	------------	-----------------------

Ages: 15+ ..... Drop in class. FREE with membership

### Power Yoga

M	4:30-5:30 PM	year-round	<a href="#">81100</a>
W	1:00-2:00 PM	year-round	<a href="#">86731</a>

Ages: 15+ ..... Drop in class. FREE with membership

### Total Body Conditioning

Tu	10:00-11:00 AM	year-round	<a href="#">84658</a>
Th	9:00-10:00 AM	year-round	<a href="#">81079</a>
F	6:00-7:00 PM	year-round	<a href="#">89400</a>

Ages: 15+ ..... Drop in class. FREE with membership

### Yoga I

Sa	10:15-11:15 AM	year-round	<a href="#">81118</a>
----	----------------	------------	-----------------------

Ages: 15+ ..... Drop in class. FREE with membership

### Zumba®

M	9:00-10:00 AM	year-round	<a href="#">87168</a>
M	6:00-7:00 PM	year-round	<a href="#">81150</a>
Tu	6:30-7:30 PM	year-round	<a href="#">81153</a>
Sa	10:30-11:30 AM	year-round	<a href="#">87169</a>

Ages: 15+ ..... Drop in class. FREE with membership

See our full schedule of classes online at: [DENVERGOV.ORG/FITNESS](https://denvergov.org/fitness)

### PERSONAL TRAINING

#### Body fat/fitness assessments

Ages: 15+ ..... \$15

#### Individual training: One-on-one

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



LIVE FITNESS CLASS SCHEDULE

## Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

### Adult Hike: Maxwell Falls Bluffs Cliffside Trail Loop

W	8:30 AM-3:00 PM	10/11	<a href="#">89174</a>
---	-----------------	-------	-----------------------

Ages: 18-64. .... \$22.75  
Ages: 65+ ..... \$14.50



## Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
-----	------	-----	------------

### Co-Ed Flag Football

Tu,W	5:00-6:00 PM	Ages: 5-6	<a href="#">88221</a>
Tu,F	6:00-7:00 PM	Ages: 7-8	<a href="#">88244</a>
M,Tu	5:00-6:00 PM	Ages: 9-10	<a href="#">88267</a>
M,Th	6:00-7:00 PM	Ages: 11-12	<a href="#">88191</a>

Ages: 5-8 Dates: 9/5-11/3 ..... \$35  
Ages: 9-14 Dates: 9/5-11/3 ..... \$45

### Co-Ed Soccer

Th	5:00-6:00 PM	Ages: 5-6	<a href="#">88313</a>
Sa	10:30-11:30 AM		
Th	6:00-7:00 PM	Ages: 7-8	<a href="#">88342</a>
Sa	11:30 AM-12:30 PM		
Th	6:00-7:00 PM	Ages: 9-10	<a href="#">88374</a>
Sa	11:30 AM-12:30 PM		
M,W	6:00-7:00 PM	Ages: 11-12	<a href="#">88293</a>

Ages: 5-8 Dates: 9/5-11/4 ..... \$35  
Ages: 9-12 Dates: 9/5-11/4 ..... \$45

### Co-Ed Volleyball

W,F	5:30-6:30 PM	Ages: 9-10	<a href="#">88455</a>
M,Tu	5:30-6:30 PM	Ages: 11-12	<a href="#">88397</a>

Ages: 9-17 Dates: 9/5-11/3 ..... \$45

View game schedules at: [DENVERYOUTHSPORTS.ORG](https://denveryouthsports.org)

**Age Cutoff: September 17, 2023** for  
5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer  
7-17 Co-Ed Volleyball

\*Teams will practice 2x/week until games begin;  
Once games begin, teams will practice 1x/week.