

COMMONS PARK

FREE WEEKLY ACTIVITIES

MAY 29 - SEPTEMBER 29, 2017

FITNESS & WELLNESS



High Intensity Interval Training (HITT) • Tuesdays • 12:15–1:00 p.m.
Enhanced form of interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods.



Tai Chi • Tuesdays | Thursdays • 8:00–9:00 a.m.
Often called moving meditation, this class is a graceful form of exercise that helps reduce stress and improve overall health and well-being through stretching and gentle movement.



Boom Mind • Wednesdays • 8:45–9:45 a.m.
Improve range of motion, balance and flexibility in this low-impact Yoga/Pilates-fusion class.



Yoga • Mondays | Wednesdays | Fridays • 5:30–6:30 p.m.
Balance strength and flexibility while surrendering to each pose in this meditative class.

ARTS & CULTURE



Line Dancing • Saturdays • 10:00–11:30 a.m.
No need for a dance partner. Perform the basic step patterns of synchronized line dancing.



Swallow Hill Music Series • Sundays (Monthly) • 6:00 p.m.
Music Series Dates: June 4 | July 9 | August 6 | September 3



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