

WELCOME TO BENNETT PARK AND RECREATION DISTRICT

Financial Assistance Membership applications now being accepted. Stop by the front desk for more information	WEEKLY ACTIVITY SCHEDULE Hours of Operation: M-TH 6am-8pm Fri 6am-7pm Saturday 7am-6pm, Sundays CLOSED	OPEN SWIM ENDS AUG. 11TH MON-FRI 12PM-4PM
Best of Bennett Bazar during Bennett Days September 9th Sign up Now at the Customer Service Desk	LATER HOURS COMING SEPTEMBER 5TH M-Th we will be open until 9pm	Come try X-Fit in the morning!! Friday at 8:30 am
Come in for FREE!! Check out our name board and see if your name is on the board for 1 free entry.	Kiddy Korral Evening: M/T/W/TH: 5pm—8pm Kiddy Korral Morning: Tue/Thur 9am-11am Fri 8:30am-10:30am Kiddy POOL is OPEN All Day Everyday!! Continuous pool is available with reservation	Casino Bus Trip September 2nd, 2017

Fitness Class Drop In: \$6.00 Punch Card Available
Aquatic Class Drop in: \$6.00 Rec & Aquatic

~/*/∞/§/ Symbol means Included in different type of membership
~ Silver Sneakers / * Classic Members / ∞ Active Senior / § Deluxe members

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
§*∞ Twist & Shout-(Leila)(G) WGTs/BNDs/BALL		7:30am-8:30am		7:30am-8:30am	7:30am-8:30am	
§*∞ Wake Up and Move-(Leila)(G) CARDIO	7:30-8:30am		7:30-8:30am			
~ SilverSneakers YogaStretch-(Leila) (G)		9:35am-10:30am		9:35am-10:30am	9:35am-10:30am	
~ SilverSneakers MSROM-(Leila) (G)	9:35am-10:30am		9:35am-10:30am			
§*∞ Women's Strength Training 101-(Josh)(F)		9:30am-10:30am		9:30am-10:30am		
Advanced & Beginner TaiChi (Leila) June 5th	10:45am - 11:30am	10:45am - 11:30am	10:45am - 11:30am	10:45am - 11:30am		

**PICKLEBALL ~SUMMER CAMP ~FITNESS CLASSES~ 2 vs 2 ADULT CO-ED VOLLEYBALL

§*∞ HIIT-High Intensity Interval Training -(Sam)(F)		5:00pm-6:00pm		5:00pm-6:00pm	5:00pm-6:00pm	
§*∞PIYO - (Sam) (G)	5:00pm-6:00pm					
§*∞X-Fit (Josh)			5:00pm-6:00pm		8:30am-9:30am	
Full Gym Closures AM	7:30am-11:45am	7:30am -11:45am	7:30-11:45am	7:30am -11:45am		
Gym Closures PM		5:30pm-8pm	1/2 - 2pm - 4pm Pickleball	5pm-8pm		Time available when not reserved

**WATER AEROBICS~GROUP SWIM LESSONS~ PRIVATE SWIM LESSONS~SPECIAL EVENTS -

§*∞Aqcise Fitness ~ Josh	10:30am-11:30am			10:30am-11:30am		
§*∞ HydroFit Training ~ Elizabeth	5:15pm-6:15pm		5:15pm-6:15pm		5:15pm-6:15pm	
§*∞Aquatic HIIT ~Josh	6:30pm-7:30pm		6:30pm-7:30pm			
§*∞Aquatic Dance ~ Rosanna		6:45pm-7:45pm				
§*∞AquaFit ~ Rosanna				6:45pm-7:45pm		
MCC		7:00am - 8:00am		7:00am - 8:00am		
~§*∞ Lap Swim Times are subject to change	6:00am -10:30am	6:00am - 6:45am 8:15am - 12:00pm 4:30pm - 6:30pm	6:00am - Noon	6:00am - 6:45am 8:15am - 10:30am 4:30pm - 6:30pm	No Lap Swim Available Due Pool Cleaning	No Lap Swim Pool Closed for Group Swim & Private Parties
~§*∞ Endless Pool (Reservation Required)	6:00am-7:30pm	6:00am-7:30pm	6:00am-7:30pm	6:00am-7:30pm	6am-6:00pm	7am-5pm
Jazzercise® AM & PM- (Pay Instructor Directly)	7:00pm-8:00pm	8:30am-9:30am	7:00pm-8:00pm	8:30am-9:30am		8:30am-9:30am
Rocky Mountain Self Defense- (Pay Instructor Directly) https://www.castlerockselfdefenseandfitness.com/schedule/bennett-schedule/	6:00pm-7:00pm	7:00pm-8:00pm	6:00pm-7:00pm	7:00pm-8:00pm	6:00pm-7:00pm	7:30am-8:30am

WEBSITE: WWW.BENNETTREC.ORG

1 FREE personal training consult is offered with every New or Renewed Adult Membership
Location: 455 S. First Street, Bennett, Colorado 80102 Phone:303-644-5040