



FITNESS CENTER HOURS:
MONDAY-FRIDAY 7 A.M.-7 P.M.



METROPOLITAN
STATE UNIVERSITYSM
OF DENVER
Campus Recreation

Campus Recreation
Summer 2021: July 6-August 19
FREE MEMBERSHIPS FOR MSU DENVER STUDENTS, STAFF AND FACULTY

july

2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 June	29	30	1 July	2	3/4
5	6 7am-7pm Ask A Trainer 12:15pm Boot Camp 5:30-7pm Climbing Clinic	7 3-7pm Ask A Trainer 5:15pm Power Hour	8 7am-7pm Ask A Trainer 12:15pm Circuit Training	9	10/11
12 7-11am Ask A Trainer	13 7am-7pm Ask A Trainer Noon-1pm anchor building 12:15pm Boot Camp	14 3-7pm Ask A Trainer 5:15pm Power Hour 5:30-7pm Climbing Clinic	15 7am-7pm Ask A Trainer 12:15pm Circuit Training	16	17/18 17 th 8am-1pm Hike 17 th 2-3pm Top Rope 17 th 3-4pm Bouldering
19 7-11am Ask A Trainer	20 7am-7pm Ask A Trainer 12:15pm Boot Camp	21 Noon-1pm anchor building 3-7pm Ask A Trainer 5:15pm Power Hour	22 7am-7pm Ask A Trainer 10am-2pm Hike 12:15pm Circuit Training 5:30-7pm Climbing Clinic	23 Noon-2:30pm CityScape	24/25
26 7-11am Ask A Trainer	27 7am-7pm Ask A Trainer 12:15pm Boot Camp	28 3-7pm Ask A Trainer 5:15pm Power Hour	29 7am-7pm Ask A Trainer 12:15pm Circuit Training	30	31/1 August
2 7-11am Ask A Trainer	3 7am-7pm Ask A Trainer 12:15pm Boot Camp	4 3-7pm Ask A Trainer 5:15pm Power Hour	5 7am-7pm Ask A Trainer 12:15pm Circuit Training	6	7/8

august

2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
26 July 7-11am Ask A Trainer	27 7am-7pm Ask A Trainer 12:15pm Boot Camp	28 3-7pm Ask A Trainer 5:15pm Power Hour	29 7am-7pm Ask A Trainer 12:15pm Circuit Training	30	31/1 August
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16 7-11am Ask A Trainer	17 7am-7pm Ask A Trainer 12:15pm Boot Camp	18 3-7pm Ask A Trainer 5:15pm Power Hour	19 7am-7pm Ask A Trainer 12:15pm Circuit Training	20	21/22
23	24	25	26	27	28/29
30	31	1 September	2	3	4/5

WELCOME BACK.

We're excited to open our doors again. Summer memberships are free for current MSU Denver students, faculty and staff. Check out our summer programs. For questions/comments/suggestions, email recreation@msudenver.edu

Campus Recreation Tours

As you settle back on campus, stop by for a tour of Campus Recreation, meet the staff and find out about the programs we offer. Meet-n-greets are a great way to break the ice. We look forward to meeting you and talking about our programs - just try to stop us!

visit msudenver.edu/recreation for dates/times

Fitness Equipment Demonstrations

Join our Campus Recreation staff to learn how to properly use the Fitness Center equipment and which muscle groups they target.

visit msudenver.edu/recreation for dates/times

Ask A Trainer

Certified fitness experts will be on hand if you have questions about an exercise or looking for suggested workouts.

Mondays 7–11 a.m.

Wednesdays 3–7 p.m.

Tuesdays/Thursdays 7 a.m.–7 p.m.

GROUP FITNESS

Classes will be held in the Fitness Center (PE110).
See below Classes. All fitness levels welcome.
No registration required.

Boot Camp ~ Tuesdays @ 12:15-12:45 p.m.

This is a 30-minute boot camp style class. The focus is to move with moderate to high intensity, which will look different for everyone.

July 6, 13, 20, 27

August 3, 10, 17

Power Hour ~ Wednesdays @ 5:15-6:15 p.m.

This one-hour full body hybrid class combines bodyweight and weigh-lifting exercises. These exercises are aimed to be functional and assist your daily living activities.

July 7, 14, 21, 28

August 4, 11, 18

Circuit Training ~ Thursdays @ 12:15-12:45 p.m.

This class is a 30-minute circuit focused on the fixed machines in the fitness center. The purpose of this class will be to stimulate a specific muscle group for a period of time. Here you will learn to adjust the machine to your height and become familiar with appropriate weight and form.

July 8, 15, 22, 29

August 5, 12, 19

Field Days

As we emerge from hibernation, join us for lawn games, sports and fun activities to reengage with your friends and the campus community. We will provide the games (cornhole, volleyball, soccer, disc golf, Frisbee, Bocce, Kubb, Spikeball, and more), so all you need to do is show up and be ready to have fun. These are casual games. You may learn something new or meet a new friend! We will show you how to play!

visit msudenver.edu/recreation for dates/times

Climbing Wall Clinics

Venture over to the PE Building to check out our climbing wall events including top-rope climbing, bouldering and anchor building. Come over just for fun, to dust off the pre-pandemic skills or to get started with a new sport! All our events are casual, low key, inclusive but also informational and instructive.

Climbing Clinic @ 5:30-7 p.m.:

July 6, 14, 22

August 18

Top Rope: July 17, 2–3 p.m.

Bouldering: July 17, 3-4 p.m.

Anchor Building @ noon–1 p.m.: July 13, 21

Day Hikes

Join us as we check out two amazing hikes/outings close to campus. Both are family-friendly and excellent for trail running, so let us know how we can best accommodate your needs/interests.

Waterton Canyon is a mellow uphill walk in an impressive rocky canyon. It's closed to vehicles, which makes for a nice walk.

Red Rocks is among the most popular music venues in the world! But did you know it is also a beautiful location to hike among towering sandstone cliffs?

Waterton Canyon Hike: July 17, 8 a.m.–1 p.m.

Red Rocks Hike July 22, 10 a.m.–2 p.m.

CityScape

As we return to campus, take time to discover nearby gems of Lower Downtown Denver! Explore the urban setting, beauty and grit of Denver including art, archeological and historical sites surrounding campus. Join students for mellow social walks in the city and on the trail. Join us for one or both!

REI/Wilderness Exchange

July 23, noon–2:30 p.m.

Biking/Walking Access to Campus

August 3, noon–2 p.m.

GET CONNECTED

