



Summer Fitness Schedule Serie de Salud Fisica de Verano

MONDAY/ LUNES

ZUMBA

5:30pm - 6:30pm

Stapleton Rec Center

YOGA

6:00pm - 7:00pm

SAVE-A-LOT



TUESDAY/ MARTES

YOGA

6:00pm - 7:00pm

Clínica Tepeyac Admin

WEDNESDAY/ MIÉRCOLES

WALKING GROUP /
GRUPO DE CAMINATA

12:15pm - 12:45pm

Clínica Tepeyac Admin

ZUMBA

5:30pm - 6:30 pm

Stapleton Rec Center

FRIDAY/ VIERNES



THURSDAY/ JUEVES

YOGA

9:00am - 10:00am

SAVE-A-LOT

WALKING GROUP /
GRUPO DE CAMINATA

12:15pm - 12:45pm

Clínica Tepeyac

ZUMBA

5:30pm - 6:30pm

Stapleton Rec Center

SATURDAY/ SÁBADO

¡Adelante!

5K TRAINING/
ENTRENAMIENTO
10:00am - 11:00am

Stapleton Rec Center Park
June/ Junio 2 - July/ Julio 28

¡Adelante! 5K

August 5/Agosto 5



Yoga provided in partnership with Cultivate Health through Regis University
Yoga ofrecida en asociación con Cultivate Health por medio de Regis University

LOCATIONS/LOCALIDAD

Stapleton Rec Center - 5090 Broadway, Denver, CO 80216

Clinica Tepeyac - 5075 Lincoln St, Denver, CO 80216

Clinica Tepeyac Admin - 4725 High St, Denver, CO 80216

Save-A-Lot - Community Room - 4874 Chambers Rd. Denver, CO 80216



Clinica-Tepeyac

Questions / Preguntas: 720-227-5520 or/o HealthPromotions@ClinicaTepeyac.org

