

MILE HIGH MONDAYS

FITNESS NIGHT!

with VISIT DENVER

Red Rocks Park & Amphitheatre is known for unforgettable concerts under the Colorado stars, but it's also beloved as a fitness destination. Try one of these at-home workouts until you can visit again!



CRAVING CARDIO?

GO ON A 2.7 MILE RUN AND YOU'VE GONE BACK AND FORTH ACROSS ALL 69 ROWS AT RED ROCKS - ALL THE WAY TO THE TOP! CLIMB 145 SETS OF STAIRS TO RECREATE THE HIKE FROM THE STAGE TO THE TOP OF THE AMPHITHEATER, OR 194 SETS TO MAKE THE JOURNEY FROM THE TRADING POST VISITOR CENTER UP TO THE STAGE.



FOR MORE MILE-HIGH WELLNESS TIPS, HEAD TO
[RETREATFROMTHECONVENTIONAL.COM](https://retreatfromtheconventional.com)



Yoga on the Rocks is a summertime staple at the amphitheater. Check for online classes from your favorite local yoga studio, or head to YouTube to stream some free sessions. Then roll out your mat and pretend you're saluting the sun from the infamous red sandstone monoliths.

