

Group Exercise

April 2022

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES: -To avoid class disruptions, please arrive 5 minutes prior to the start of class. -10+ are welcome with a parent or guardian for open gym. 14+ may join all classes independently. -All open gym times/ classes/programs are subject to change. -Rock wall is open for all members during operating hours.		LEGEND: (G-1) Gymnasium Court 1 (G) Full Gymnasium (G-2) Gymnasium Court 2 (GEX) Group Exercise Room GEX Classes are listed in BLUE See Front Desk for class registration and pricing information Check out getupt.org for more information		1 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-6pm Basketball (G) 6-8pm Pickleball (G-1)	2 8-10am Adult Basketball (G-2) 10am-12pm Basketball (G)
4 8-10am Basketball (G) 10:15-11am Senior Strength (G) 12-3pm Pickleball (G) 3-6pm Basketball (G) 6-6:45pm Total Body Conditioning (GEX) 6-8pm Basketball (G-1) 6-8pm Adult Basketball (G-2)	5 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1)	6 8-10am Basketball (G) 10:15-11am Chair Yoga (G) 10:15-11am Senior Mat Stretch (GEX) 12-3pm Pickleball (G) 3-6pm Basketball (G) 6-7pm Pickleball (G-1) 6:30-8pm Adult Basketball (G-2) 7-8pm Basketball (G-1)	7 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1) 6-6:30pm Bootcamp (GEX)	8 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-6pm Basketball (G) 6-8pm Pickleball (G-1)	9 8-10am Adult Basketball (G-2) 10am-12pm Basketball (G)
11 8-10am Basketball (G) 10:15-11am Senior Strength (G) 12-3pm Pickleball (G) 3-6pm Basketball (G) 5-6:00pm Slow Flow Yoga (GEX) 6-6:45pm Total Body Conditioning (GEX) 6-8pm Basketball (G-1) 6-8pm Adult Basketball (G-2)	12 8-10am Basketball (G) 10:15-11am Senior Aerobic Mix (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1)	13 8-10am Basketball (G) 10:15-11am Chair Yoga (G) 10:15-11am Senior Mat Stretch (GEX) 12-3pm Pickleball (G) 3-6pm Basketball (G) 6-7pm Pickleball (G-1) 6:30-8pm Adult Basketball (G-2) 7-8pm Basketball (G-1)	14 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1) 6-6:30pm Bootcamp (GEX)	15 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-4pm Basketball (G) CLOSING @ 4:00pm	16 UPTCC CLOSED DUE TO SPRING HOLIDAY
18 8-10am Basketball (G) 10:15-11am Senior Strength (G) 12-4:30pm Basketball (G) 6-6:45pm Total Body Conditioning (GEX) 6-8pm Basketball (G-1) 6-8pm Adult Basketball (G-2)	19 8-10am Basketball (G) 10:15-11am Senior Aerobic Mix (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1)	20 8-10am Basketball (G) 10:15-11am Chair Yoga (G) 10:15-11am Senior Mat Stretch (GEX) 12-3pm Pickleball (G) 3-6pm Basketball (G) 5-6:00pm Slow Flow Yoga (GEX) 6-7pm Pickleball (G-1) 6:30-8pm Adult Basketball (G-2) 7-8pm Basketball (G-1)	21 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1) 6-6:30pm Bootcamp (GEX)	22 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-6pm Basketball (G) 6-8pm Pickleball (G-1)	23 8-10am Adult Basketball (G-2) 10am-12pm Basketball (G)
25 8-10am Basketball (G) 10:15-11am Senior Strength (G) 12-4:30pm Basketball (G) 6-6:45pm Total Body Conditioning (GEX) 6-8pm Basketball (G-1) 6:30-8pm Adult Basketball (G-2)	26 8-10am Basketball (G) 10:15-11am Senior Aerobic Mix (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1)	27 8-10am Basketball (G) 10:15-11am Chair Yoga (G) 10:15-11am Senior Mat Stretch (GEX) 12-3pm Pickleball (G) 3-6pm Basketball (G) 6-7pm Pickleball (G-1) 6:30-8pm Adult Basketball (G-2) 7-8pm Basketball (G-1)	28 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1) 6-6:30pm Bootcamp (GEX)	29 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-6pm Basketball (G) 6-8pm Pickleball (G-1)	30 8-10am Adult Basketball (G-2) 10am-12pm Basketball (G)