

 **Group Exercise**

# May 2022

**Open Gym**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>2</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Strength (G)</b>                      11:30-2:30pm Pickleball (G)                      3-4pm Basketball (G)  <b>6-6:45pm Total Body Conditioning (GEX)</b>                      6-8pm Basketball (G-1)                      6-8pm Adult Basketball (G-2)</p>	<p><b>3</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Aerobic Mix (G)</b>                      12-5pm Basketball (G)                      5-8pm Basketball (G-1)</p>	<p><b>4</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Chair Stretch (GEX)</b>                      11:30-2:30pm Pickleball (G)                      3-6pm Basketball (G)                      6-7pm Pickleball (G-1)                      6:30-8pm Adult Basketball (G-2)                      7-8pm Basketball (G-1)</p>	<p><b>5</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Circuit (G)</b>                      12-5pm Basketball (G)  <b>6-6:30pm Bootcamp (GEX)</b>                      5-8pm Basketball (G-1)</p>	<p><b>6</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Classic (G)</b>                      11:30am-1pm Pickleball (G)                      1-6pm Basketball (G)                      6-8pm Pickleball (G-1)</p>	<p><b>7</b></p> <p>8-10am Adult Basketball (G-2)                      10am-12pm Basketball (G)</p>
<p><b>9</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Strength (G)</b>                      11:30-2:30pm Pickleball (G)                      3-4pm Basketball (G)  <b>6-6:45pm Total Body Conditioning (GEX)</b>                      6-8pm Basketball (G-1)                      6-8pm Adult Basketball (G-2)</p>	<p><b>10</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Zumba Gold (G)</b>                      12-5pm Basketball (G)                      5-8pm Basketball (G-1)</p>	<p><b>11</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Chair Stretch (GEX)</b>                      11:30-2:30pm Pickleball (G)                      3-6pm Basketball (G)                      6-7pm Pickleball (G-1)                      6:30-8pm Adult Basketball (G-2)                      7-8pm Basketball (G-1)</p>	<p><b>12</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Circuit (G)</b>                      12-5pm Basketball (G)  <b>6-6:30pm Bootcamp (GEX)</b>                      5:30-8pm Basketball (G-1)</p>	<p><b>13</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Classic (G)</b>                      11:30am-1pm Pickleball (G)                      1-6pm Basketball (G)                      6-8pm Pickleball (G-1)                      6-8pm Basketball (G-2)</p>	<p><b>14</b></p> <p>8-10am Adult Basketball (G-2)                      10am-12pm Basketball (G)</p>
<p><b>16</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Strength (G)</b>                      11:30-2:30pm Pickleball (G)                      3-4pm Basketball (G)  <b>6-6:45pm Total Body Conditioning (GEX)</b>                      6-7:30pm Basketball (G-1)                      6-7:30pm Adult Basketball (G-2)  <b>GYM CLOSING @ 7:30PM</b></p>	<p><b>17</b></p> <p><b>GYM CLOSED FOR VOTING</b></p> <p><b>NO OPEN GYM OR CLASSES</b></p>	<p><b>18</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Chair Stretch (GEX)</b>                      11:30-2:30pm Pickleball (G)                      3-6pm Basketball (G)                      6-7pm Pickleball (G-1)                      6:30-8pm Adult Basketball (G-2)                      7-8pm Basketball (G-1)</p>	<p><b>19</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Circuit (G)</b>                      12-5pm Basketball (G)  <b>6-6:30pm Bootcamp (GEX)</b>                      5-8pm Basketball (G-1)</p>	<p><b>20</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Classic (G)</b>                      11:30am-1pm Pickleball (G)                      1-6pm Basketball (G)                      6-8pm Pickleball (G-1)</p>	<p><b>21</b></p> <p>8-10am Adult Basketball (G-2)                      10am-12pm Basketball (G)</p>
<p><b>23</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Strength (G)</b>                      11:30-2:30pm Pickleball (G)                      3-4pm Basketball (G)  <b>6-6:45pm Total Body Conditioning (GEX)</b>                      6-8pm Basketball (G-1)                      6-8pm Adult Basketball (G-2)</p>	<p><b>24</b></p> <p>8-10am Basketball (G)  <b>10:15-11:15 Zumba Gold (G)</b>                      12-5pm Basketball (G)                      5-8pm Basketball (G-1)</p>	<p><b>25</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Senior Chair Stretch (GEX)</b>                      11:30-2:30pm Pickleball (G)                      3-6pm Basketball (G)                      6-7pm Pickleball (G-1)                      6:30-8pm Adult Basketball (G-2)                      7-8pm Basketball (G-1)</p>	<p><b>26</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Circuit (G)</b>                      12-5pm Basketball (G)  <b>6-6:30pm Bootcamp (GEX)</b>                      5-8pm Basketball (G-1)</p>	<p><b>27</b></p> <p>8-10am Basketball (G)  <b>10:15-11am SS Classic (G)</b>                      11:30am-1pm Pickleball (G)                      1-6pm Basketball (G)                      6-8pm Pickleball (G-1)                      6-8pm Basketball (G-2)</p>	<p><b>28</b></p> <p><b>UPTCC CLOSED FOR MEMORIAL DAY</b></p>
<p><b>30</b></p> <p><b>UPTCC CLOSED FOR MEMORIAL DAY</b></p>	<p><b>31</b></p> <p>8-10am Basketball (G)  <b>10:15-11am Zumba Gold (G)</b>                      12-5pm Basketball (G)                      5-8pm Basketball (G-1)</p>	<p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>-To avoid class disruptions, please arrive 5 minutes prior to the start of class.</li> <li>-10+ are welcome with a parent or guardian for open gym. 14+ may join all classes independently.</li> <li>-All open gym times/ classes/programs are subject to change.</li> <li>-Rock wall is open for all members during operating hours.</li> </ul>		<p><b>LEGEND:</b></p> <p>(G-1) Gymnasium Court 1 (G) Full Gymnasium                      (G-2) Gymnasium Court 2 (GEX) Group Exercise Room  <b>GEX Classes are listed in BLUE</b></p> <p>See Front Desk for class registration and pricing information.</p> <p>Check out <a href="http://getupt.org">getupt.org</a> for more information.</p>	