

Group Exercise

June 2022

Open Gym



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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 Check out getupt.org for more information.</p>			<p>1 8-10am Basketball (G) 10:15-11am Senior Chair Stretch (GEX) 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>2 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 5-8pm Basketball (G-1) 7-8pm Vinyasa Yoga (MPG)</p>	<p>3 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-4pm Basketball (G)</p>	<p>4 8-10am Adult Basketball (G-2) 10am-12pm Basketball (G)</p>
<p>5 1-2:15 Yoga in the Park (AF)</p>	<p>6 8-10am Basketball (G) 10:15-11am Senior Strength (G) 11:30-2:30pm Pickleball (G) 3-4pm Basketball (G) 6-6:45pm Total Body Conditioning(GEX) 6-8pm Basketball (G -1) 6-8pm Adult Basketball (G-2)</p>	<p>7 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 12-5pm Basketball (G) 6-6:30pm Interval Training (GEX) 5-8pm Basketball (G-1)</p>	<p>8 8-10am Basketball (G) 10:15-11am Senior Chair (GEX) 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>9 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 7-8p Vinyasa yoga(MPG) 5:30-8pm Basketball(G-1)</p>	<p>10 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-4pm Basketball (G)</p>	<p>11 8-10am Adult Basketball (G-2) 10am-12pm Basketball (G)</p>
<p>12 1-2:15 Yoga in the Park (AF)</p>	<p>13 8-10am Basketball (G) 10:15-11am Senior Strength (G) 11:30-2:30pm Pickleball (G) 3-4pm Basketball (G) 6-6:45pm Total Body Conditioning (GEX) 6-8:00pm Basketball (G-1) 6-8:00pm Adult Basketball (G-2)</p>	<p>14 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 12-5pm Basketball (G) 6-6:30pm Interval Training (GEX) 5-8pm Basketball (G-1)</p>	<p>15 8-10am Basketball (G) 10:15-11am Senior Chair Stretch (GEX) 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>16 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 7-8pm Vinyasa yoga (MPG) 5-8pm Basketball (G-1)</p>	<p>17 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-4pm Basketball (G)</p>	<p>18 8-10am AdultBasketball (G-2) 10am-12pm Basketball (G)</p>
<p>19 1-2:15 Yoga in the Park (AF)</p>	<p>20 8-10am Basketball (G) 10:15-11am Senior Strength (G) 11:30-2:30pm Pickleball (G) 3-4pm Basketball (G) 6-6:45pm Total Body Conditioning (GEX) 6-8pm Basketball (G-1) 6-8pm Adult Basketball (G-2)</p>	<p>21 8-10am Basketball (G) 10:15-11:15 Zumba Gold (G) 12-5pm Basketball (G) 6-6:30pm Interval Training (GEX) 5-8pm Basketball (G-1)</p>	<p>22 8-10am Basketball (G) 10:15-11am Senior Chair Stretch (GEX) 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>23 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 6-6:30pm Bootcamp (GEX) 7-8pm Vinyasa yoga (MPG) 5-8pm Basketball (G-1)</p>	<p>24 8-10am Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm Pickleball (G) 1-4pm Basketball (G)</p>	<p>25 8-10am Adult Basketball (G-2) 10am-12pm Basketball (G)</p>
<p>26 1-2:15 Yoga in the Park (AF)</p>	<p>27 8-10am Basketball (G) 10:15-11am Senior Strength (G) 11:30-2:30pm Pickleball (G) 3-4pm Basketball (G) 6-6:45pm Total Body Conditioning (GEX) 6-8pm Basketball (G-1) 6-8pm Adult Basketball (G-2)</p>	<p>28 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 12-5pm Basketball (G) 6-6:30pm Interval Training (GEX) 5-8pm Basketball (G-1)</p>	<p>29 8-10am Basketball (G) 10:15-11am Senior Chair Stretch (GEX) 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>30 8-10am Basketball (G) 10:15-11am SS Circuit (G) 12-5pm Basketball (G) 6-6:30pm Bootcamp (GEX) 7-8pm Vinyasa yoga (MPG) 5-8pm Basketball (G-1)</p>	<p>LEGEND: (G-1) Gymnasium Court 1 (G) Full Gymnasium (G-2) Gymnasium Court 2 (GEX) Group Exercise Room GEX Classes are listed in BLUE</p>	

