

Group Exercise

# January 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>-Go to <a href="http://upro.vrecdesk.com">upro.vrecdesk.com</a> to register for classes!</b></p> <p><b>-Please arrive 5 minutes prior to the start of class.</b></p> <p><b>-10+ are welcome with a parent or guardian for open gym.</b></p> <p><b>- 14+ may join all classes.</b></p> <p><b>-All open gym times/ classes/programs are subject to change</b></p>			<p>2</p> <p>8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS CardioFit (G) 11:30-2pm Pickleball(G) 12:30-1pm Quick 30(GEX) 2-8pm Basketball(G) 4:30-5:30pm Yoga(GEX)</p>	<p>3</p> <p>8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball(G) 2-5pm Basketball(G) 5-6 Youth FUTSAL(G) 6-8pm FUTSAL(G)</p>	<p>4</p> <p>8-10am Basketball (G) <b>GYM CLOSERS @ 10am</b></p>
<p>6</p> <p>8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-4pm Pickleball(G) 12:30-1pm Quick 30(GEX) 4-6pm Basketball(G) 6pm-8pm Basketball(G2) 6pm-8pm Men's Basketball(G1)</p>	<p>7</p> <p>8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) 12:30-1:30pm Qigong(GEX) 2:30pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)</p>	<p>8</p> <p>8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G2) 6-8pm Men's Basketball(G2)</p>	<p>9</p> <p>8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS CardioFit (G) 11:30-2pm Pickleball(G) 12:30-1pm Quick 30(GEX) 2-6:15pm Basketball(G) 4:30-5:30pm Yoga(GEX) 6:15-7:45pm Youth Basketball(G1) 6:15-8pm Basketball(G2)</p>	<p>10</p> <p>8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball (G) 2-5pm Basketball(G) 5-6 Youth FUTSAL(G) 6-8pm FUTSAL(G)</p>	<p>11</p> <p>8-10am Basketball (G) <b>GYM CLOSERS @ 10am</b></p>
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<p>20</p> <p>10:15-11am SS Classic(G) 12:30-1pm Quick 30(GEX) 8am-6pm Basketball(G) 6pm-8pm Basketball(G2) 6pm-8pm Men's Basketball(G1) <b>NO PICKLEBALL</b></p>	<p>21</p> <p>8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) 12:30-1:30pm Qigong(GEX) 2:30pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)</p>	<p>22</p> <p>8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G2) 6-8pm Men's Basketball(G2)</p>	<p>23</p> <p>8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS CardioFit (G) 11:30-2pm Pickleball(G) 12:30-1pm Quick 30(GEX) 2-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) <b>GYM closed @5pm for Laser Tag!</b></p>	<p>24</p> <p>8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball (G) 2-5pm Basketball(G) 5-6 Youth FUTSAL(G) 6-8pm FUTSAL(G)</p>	<p>25</p> <p>8-10am Basketball (G) <b>GYM CLOSERS @ 10am</b></p>
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