

Group Exercise

March 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8-10am Basketball (G) GYM CLOSSES @ 10am
3 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 Men's Basketball(G)	4 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)	5 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)	6 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS Cardio (G) 11:30-2pm Pickleball (G) 2-8pm Basketball(G) 12:30-1pm Quick 30(GEX) 4:30-5:30pm Yoga(GEX)	7 8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength & Stability(G) 11:30am-2pm Pickleball (G) 2-5pm Basketball(G) 5-6pm Basketball(G2) 5-6pm Youth Futsal(G1) 6-8pm FUTSAL(G)	8 8-10am Basketball (G) 10am-12pm Basketball(G2) 10am-12pm Badminton(G1)
10 8-10am BeginnerPickleball(G) 10:15-11am SS Classic(G) 11:30am-4pm Pickleball(G) 12:30-1pm Quick 30(GEX) 4-6pm Basketball(G1) 4-6pm Gym rental (G2) 6pm-8pm Men's Basketball(G)	11 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)	12 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)	13 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS Cardio (G) 11:30-2pm Pickleball (G) 2-8pm Basketball(G) 12:30-1pm Quick 30(GEX) 4:30-5:30pm Yoga(GEX)	14 8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength & Stability(G) 11:30am-2pm Pickleball (G) 2-5pm Basketball(G) 5-6pm Basketball(G2) 5-6pm Youth Futsal(G1) 6-8pm FUTSAL(G)	15 8-10am Basketball (G) 10am-12pm Basketball(G2) 10am-12pm Badminton(G1)
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24 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(G1) 4-6pm Gym rental (G2) 6pm-8pm Men's Basketball(G)	25 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)	26 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)	27 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS Cardio (G) 11:30-2pm Pickleball (G) 2-8pm Basketball(G) 12:30-1pm Quick 30(GEX) 4:30-5:30pm Yoga(GEX)	28 8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength & Stability(G) 11:30am-2pm Pickleball (G) 2-5pm Basketball(G) 5-6pm Basketball(G2) 5-6pm Youth Futsal(G1) 6-8pm FUTSAL(G)	29 8-10am Basketball (G) 10am-12pm Basketball(G2) 10am-12pm Badminton(G1)
31 8-10am Basketball(G) 10:15-11am SS Classic(G) 11:30am-4pm Basketball(G) 12:30-1pm Quick 30(GEX) 4-6pm Basketball(G1) 4-6pm Gym rental (G2) 6pm-8pm Men's Basketball(G) *NO PICKLEBALL*			-Go to UPTREC.org to register for classes! -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. -All open gym times/ classes/programs are subject to change		LEGEND: (G1) Gym Court 1 (G2) Gym Court 2 (G) Full Gym (MPR) Multipurpose Rm (GEX) Group Exercise Rm (S) Silo

