


## Group Exercise

May 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>-Go to <a href="https://www.uptrec.org">UPTREC.ORG</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><b>LEGEND:</b></p> <p><b>(G1) Gym Court 1</b></p> <p><b>(G2) Gym Court 2</b></p> <p><b>(G) Full Gym</b></p> <p><b>(MPR) Multipurpose Rm</b></p> <p><b>(GEX) Group Exercise Rm</b></p> <p><b>(S) Silo</b></p>	<p>1</p> <p>8-10am Beginner Pickleball(G)</p> <p>9:30-10:15am Pilates(GEX)</p> <p>10:15-11am SS Cardio (G)</p> <p>11:30-2pm Pickleball (G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>2-8pm Basketball(G)</p> <p>4:30-5:30pm Yoga(GEX)</p>	<p>2</p> <p>8-8:30am Basketball (G)</p> <p>10:15-11am Strength &amp; Stability(G)</p> <p>11:30am-2pm Pickleball (G)</p> <p>2-8pm Basketball(G)</p>	<p>3</p> <p><b>COMMUNITY CENTER CLOSED</b></p>
<p>5</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am SS Classic(G)</p> <p>11:30am-4pm Pickleball(G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>4-6pm Gym Rental(G2)</p> <p>4-6pm Basketball(G1)</p> <p>6pm-8pm Men's Basketball(G)</p>	<p>6</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am Chair Yoga(G)</p> <p>11:30am-2:30 Pickleball Clinic(G)</p> <p>12:30-1:30pm Qigong(GEX)</p> <p>2:30pm-5pm Basketball (G)</p> <p>6-6:45pm TotalBodyStrength(GEX)</p> <p>7-7:45pm Pilates(GEX)</p> <p>5-8pm Badminton(G1)</p> <p>5-8pm Basketball(G2)</p>	<p>7</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am Senior Stretch(G)</p> <p>11:30-2pm Pickleball (G)</p> <p>2-6pm Basketball (G)</p> <p>6-8pm Basketball(G1)</p> <p>6-8pm Men's Basketball(G2)</p>	<p>8</p> <p>8-10am Beginner Pickleball(G)</p> <p>9:30-10:15am Pilates(GEX)</p> <p>10:15-11am SS Cardio (G)</p> <p>11:30-2pm Pickleball (G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>2-8pm Basketball(G)</p> <p>4:30-5:30pm Yoga(GEX)</p> <p>6-6:45pm Adult kickboxing(GEX)</p>	<p>9</p> <p>8-8:30am Basketball (G)</p> <p>9:15-10am Zumba(G)</p> <p>11:30am-2pm Pickleball (G)</p> <p>2-8pm Basketball(G)</p>	<p>10</p> <p>8-10am Basketball (G)</p> <p>10-12pm Basketball(G2)</p> <p>10-12pm Badminton(G1)</p>
<p>12</p> <p>8-10am Beginner Pickleball(G)</p> <p>9:15-10am Zumba(GEX)</p> <p>10:15-11am SS Classic(G)</p> <p>11:30am-4pm Pickleball(G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>4-6pm Gym Rental(G2)</p> <p>4-6pm Basketball(G1)</p> <p>6pm-8pm Men's Basketball(G)</p>	<p>13</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am Chair Yoga(G)</p> <p>11:30am-2:30 Pickleball Clinic(G)</p> <p>12:30-1:30pm Qigong(GEX)</p> <p>2:30pm-5pm Basketball (G)</p> <p>6-6:45pm TotalBodyStrength(GEX)</p> <p>7-7:45pm Pilates(GEX)</p> <p>5-8pm Badminton(G1)</p> <p>5-8pm Basketball(G2)</p>	<p>14</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am Senior Stretch(G)</p> <p>11:30-2pm Pickleball (G)</p> <p>2-6pm Basketball (G)</p> <p>6-8pm Basketball(G1)</p> <p>6-8pm Men's Basketball(G2)</p>	<p>15</p> <p>8-10am Beginner Pickleball(G)</p> <p>9:30-10:15am Pilates(GEX)</p> <p>10:15-11am SS Cardio (G)</p> <p>11:30-2pm Pickleball (G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>2-6pm Basketball(G)</p> <p>4:30-5:30pm Yoga(GEX)</p> <p>6-8pm Gym rental(G2)</p> <p>6-8pm Basketball(G1)</p>	<p>16</p> <p>8-8:30am Basketball (G)</p> <p>10:15-11am Strength &amp; Stability(G)</p> <p>11:30am-2pm Pickleball (G)</p> <p>2-6pm Basketball(G)</p> <p>6-8pm Basketball(G1)</p>	<p>17</p> <p>8-10am Basketball (G)</p> <p>10-12pm Basketball(G2)</p> <p>10-12pm Badminton(G1)</p>
<p>19</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am SS Classic(G)</p> <p>11:30am-4pm Pickleball(G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>4-6pm Gym Rental(G2)</p> <p><b>GYM CLOSED @ 5pm</b></p>	<p>20</p> <p><b>GYMNASIUM CLOSED FOR VOTING</b></p> <p>12:30-1:30pm Qigong(GEX)</p> <p>6-6:45pm TotalBodyStrength(GEX)</p> <p>7-7:45pm Pilates(GEX)</p>	<p>21</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am Senior Stretch(G)</p> <p>11:30-2pm Pickleball (G)</p> <p>2-6pm Basketball (G)</p> <p>6-8pm Basketball(G1)</p> <p>6-8pm Men's Basketball(G2)</p>	<p>22</p> <p>8-10am Beginner Pickleball(G)</p> <p>9:30-10:15am Pilates(GEX)</p> <p>10:15-11am SS Cardio (G)</p> <p>11:30-2pm Pickleball (G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>2-8pm Basketball(G)</p> <p>4:30-5:30pm Yoga(GEX)</p> <p>6-6:45pm Adult kickboxing(GEX)</p>	<p>23</p> <p>8-8:30am Basketball (G)</p> <p>9:15-10am Zumba(G)</p> <p>11:30am-2pm Pickleball (G)</p> <p>2-8pm Basketball(G)</p>	<p>24</p> <p>8-10am Basketball (G)</p> <p>10-12pm Basketball(G2)</p> <p>10-12pm Badminton(G1)</p>
<p>26</p>  <p><b>MEMORIAL DAY</b></p> <p>REMEMBER AND HONOR</p> <p><b>Community Center Closed</b></p>	<p>27</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am Chair Yoga(G)</p> <p>11:30am-2:30 Pickleball Clinic(G)</p> <p>12:30-1:30pm Qigong(GEX)</p> <p>2:30pm-5pm Basketball (G)</p> <p>6-6:45pm TotalBodyStrength(GEX)</p> <p>7-7:45pm Pilates(GEX)</p> <p>5-8pm Badminton(G1)</p> <p>5-8pm Basketball(G2)</p>	<p>28</p> <p>8-10am Beginner Pickleball(G)</p> <p>10:15-11am Senior Stretch(G)</p> <p>11:30-2pm Pickleball (G)</p> <p>2-6pm Basketball (G)</p> <p>6-8pm Basketball(G1)</p> <p>6-8pm Men's Basketball(G2)</p>	<p>29</p> <p>8-10am Beginner Pickleball(G)</p> <p>9:30-10:15am Pilates(GEX)</p> <p>10:15-11am SS Cardio (G)</p> <p>11:30-2pm Pickleball (G)</p> <p>12:30-1pm Quick 30(GEX)</p> <p>2-8pm Basketball(G)</p> <p>4:30-5:30pm Yoga(GEX)</p>	<p>30</p> <p>8-8:30am Basketball (G)</p> <p>10:15-11am Strength &amp; Stability(G)</p> <p>11:30am-2pm Pickleball (G)</p> <p>2-8pm Basketball(G)</p>	<p>31</p> <p>8-10am Basketball (G)</p> <p>10-12pm Basketball(G2)</p> <p>10-12pm Badminton(G1)</p>

