

Group Exercise

June 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-4pm Pickleball(G) 12:30-1pm Quick 30(GEX) 4-6pm Gym Rental(G2) 4-6pm Basketball(G1) 6pm-8pm Men's Basketball(G)	3 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)	4 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2)	5 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS Cardio (G) 11:30-2pm Pickleball (G) 12:30-1pm Quick 30(GEX) 2-6pm Basketball(G) 4:30-5:30pm Yoga(GEX) 6-8pm Basketball(G1) 6-8pm Gym rental(G2)	6 8-8:30am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength & Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)	7 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
9 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)	10 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)	11 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2)	12 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS Cardio (G) 11:30-2pm Pickleball (G) 12:30-1pm Quick 30(GEX) 2-8pm Basketball(G) 4:30-5:30pm Yoga(GEX) 6-6:45pm Adult kickboxing(GEX)	13 8-8:30am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength & Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)	14 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
16 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)	17 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11am-5pm Basketball (G) 12:30-1:30pm Qigong(GEX) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)	18 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2)	19 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS Cardio (G) 11:30-2pm Pickleball (G) 12:30-1pm Quick 30(GEX) 2-8pm Basketball(G) 4:30-5:30pm Yoga(GEX)	20 8-8:30am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength & Stability(G) 11:30am-2pm Pickleball (G) 2-6pm Basketball(G) 6-8pm Basketball(G1)	21 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
23 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)	24 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)	25 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 12-4 Gym CLOSED(G) 4-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2)	26 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS Cardio (G) 11:30-2pm Pickleball (G) 12:30-1pm Quick 30(GEX) 2-6pm Basketball(G) 4:30-5:30pm Yoga(GEX) 6-6:45pm Adult kickboxing(GEX) 6-8pm Basketball(G1) 6-8pm Gym rental(G2)	27 8-8:30am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength & Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)	28 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
30 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)		LEGEND: (G1) Gym Court 1 (G2) Gym Court 2 (G) Full Gym (MPR) Multipurpose Rm (GEX) Group Exercise Rm (S) Silo	-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		

