

Group Exercise

# July 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LEGEND:</b>  <b>(G1) Gym Court 1</b>  <b>(G2) Gym Court 2</b>  <b>(G) Full Gym</b>  <b>(MPR) Multipurpose Rm</b>  <b>(GEX) Group Exercise Rm</b>  <b>(S) Silo</b></p>	<p>1              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>2              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)</p>	<p>3              8-10am Beginner Pickleball (G2)              9:30-10:15am Pilates(G1)              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)</p>	<p><b>UPT CLOSED</b></p> 	<p>5              8-10am Basketball (G)              10-12pm Basketball(G2)              10-12pm Badminton(G1)</p>
<p>7              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)</p>	<p>8              8-10am Beginner Pickleball(G)              10:15-11am Chair Yoga(G)              11:30am-2:30 Pickleball Clinic(G)              12:30-1:30pm Quick 30(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>9              8-10am Beginner Pickleball(G)              10:15-11am Senior Stretch(G)              11:30-2pm Pickleball (G)              2-5pm Basketball (G)              5-6pm Gym Rental (G2)              6-8pm gym reserved for concert(G)</p>	<p>10              8-10am Beginner Pickleball(G2)              9:30-10:15am Pilates(G1)              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)</p>	<p>11              8-9am Basketball (G)              9:15-10am Zumba(G)              10:15-11am Strength &amp; Stability(G)              11:30am-2pm Pickleball (G)              2-4pm Basketball(G)</p>	<p>12              8-10am Basketball (G)              10-12pm Basketball(G2)              10-12pm Badminton(G1)</p>
<p>14              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)</p>	<p>15              8-10am Beginner Pickleball(G)              10:15-11am Chair Yoga(G)              11:30am-2:30 Pickleball Clinic(G)              2:30pm-5pm Basketball (G)              12:30-1:30pm Qigong(G)              6-6:45pm TotalBodyStrength(GEX)              7-7:45pm Pilates(GEX)              5-8pm Badminton(G1)              5-8pm Basketball(G2)</p>	<p>16              8-10am Beginner Pickleball(G)              10:15-11am Senior Stretch(G)              11:30-2pm Pickleball (G)              2-5pm Basketball (G)              5-6pm Gym Rental (G2)              6-8pm Basketball(G1)              6-8pm Men's Basketball(G2)</p>	<p>17              8-10am Beginner Pickleball(G2)              9:30-10:15am Pilates(G1)              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)</p>	<p>18              8-9am Basketball (G)              9:15-10am Zumba(G)              10:15-11am Strength &amp; Stability(G)              11:30am-2pm Pickleball (G)              2-4pm Basketball(G)</p>	<p>19              8-10am Basketball (G)              10-12pm Basketball(G2)              10-12pm Badminton(G1)</p>
<p>21              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)</p>	<p>22              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>23              8-10am Beginner Pickleball(G)              10:15-11am Senior Stretch(G)              11-5pm Basketball (G)              5-6pm Gym Rental (G2)              6-8pm gym reserved for concert(G)</p>	<p>24              8-10am Beginner Pickleball(G2)              9:30-10:15am Pilates(G1)              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)</p>	<p>25              8-9am Basketball (G)              9:15-10am Zumba(G)              10:15-11am Strength &amp; Stability(G)              11:30am-2pm Pickleball (G)              2-4pm Basketball(G)</p>	<p>26              8-10am Basketball (G)              10-12pm Basketball(G2)              10-12pm Badminton(G1)</p>
<p>28              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)</p>	<p>29              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>30              8-10am Beginner Pickleball(G)              10:15-11am Senior Stretch(G)              11-5pm Basketball (G)              5-6pm Gym Rental (G2)              6-8pm Basketball(G1)              6-8pm Men's Basketball(G2)</p>	<p>31              8-10am Beginner Pickleball(G2)              9:30-10:15am Pilates(G1)              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)</p>	<p><b>-Go to <a href="http://UPTREC.ORG">UPTREC.ORG</a> to register for classes!</b>  <b>-Please arrive 5 minutes prior to the start of class.</b>  <b>-10+ are welcome with a parent or guardian for open gym.</b>  <b>- 14+ may join all classes.</b>  <b>-All open gym times/ classes/programs are subject to change</b></p> <p><b>**SUMMER HOURS CENTER CLOSSES @ 4pm on FRIDAYS**</b></p>	

