

## Group Exercise

August 2025

## Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEGEND:</b> (G1) Gym Court 1 (G2) Gym Court 2 (G) Full Gym (MPR) Multipurpose Rm (GEX) Group Exercise Rm (S) Silo	-Go to <b>UPTREC.ORG</b> 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 <b>***SUMMER HOURS CENTER CLOSES @ 4pm on FRIDAYS**</b>			1 8-9am Basketball (G) 9:15-10am Zumba(G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-4pm Basketball(G)	2 8-10am Basketball (G) 10-12pm Basketball(G2) <b>10-12pm Badminton(G1)</b>
4 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) 4-6 ½ Gym rental(G2) 6pm-8pm Men's Basketball(G)	5 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)	6 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 Mens Basketball(G1)	7 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)	8 8-9am Basketball (G) 9:15-10am Zumba(G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-4pm Basketball(G)	9 8-10am Basketball (G) 10-12pm Basketball(G2) <b>10-12pm Badminton(G1)</b>
11 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) 4-6 ½ Gym rental(G2) 6pm-8pm Men's Basketball(G)	12 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) 2:30pm-5pm Basketball (G) <b>NO QIGONG</b> 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)	13 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-5pm Basketball (G) 5-6pm Basketball(G1) <b>5-6pm ½ Gym rental(G2)</b> 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2) <b>(GYM reserved for concert in case of inclement weather/please call to check open gym schedule for this day)</b>	14 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)	15 8-9am Basketball (G) 9:15-10am Zumba(G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-4pm Basketball(G)	<b>UPTCC CLOSED for MUSICFEST!</b>
18 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) 4-6 ½ Gym rental(G2) 6pm-8pm Men's Basketball(G)	19 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)	20 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-5pm Basketball (G) 5-6pm Basketball(G1) <b>5-6pm ½ Gym rental(G2)</b> 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2)	21 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)	22 8-9am Basketball (G) 9:15-10am Zumba(G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-4pm Basketball(G)	23 8-10am Basketball (G) 10-12pm Basketball(G2) <b>10-12pm Badminton(G1)</b>
25 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) 4-6 ½ Gym rental(G2) 6pm-8pm Men's Basketball(G)	26 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) <b>NO QIGONG</b> 2:30pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)	27 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2)	28 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)	29 8-9am Basketball (G) 9:15-10am Zumba(G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-4pm Basketball(G)	30 8-10am Basketball (G) 10-12pm Basketball(G2) <b>10-12pm Badminton(G1)</b>

