

Group Exercise

August 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LEGEND: (G1) Gym Court 1 (G2) Gym Court 2 (G) Full Gym (MPR) Multipurpose Rm (GEX) Group Exercise Rm (S) Silo</p>	<p>-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 ***SUMMER HOURS CENTER CLOSES @ 4pm on FRIDAYS**</p>			<p>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)</p>	<p>2 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)</p>
<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>9 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)</p>
<p>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)</p>	<p>12 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) 2:30pm-5pm Basketball (G) NO QIGONG 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)</p>	<p>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) 5-6pm ½ Gym rental(G2) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2) (GYM reserved for concert in case of inclement weather/please call to check open gym schedule for this day)</p>	<p>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)</p>	<p>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)</p>	<p>16 UPTCC CLOSED for MUSICFEST!</p>
<p>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)</p>	<p>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)</p>	<p>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) 5-6pm ½ Gym rental(G2) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G2)</p>	<p>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)</p>	<p>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)</p>	<p>23 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)</p>
<p>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)</p>	<p>26 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) NO QIGONG 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>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)</p>	<p>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)</p>	<p>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)</p>	<p>30 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)</p>

