

Group Exercise

September 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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)	2 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) 12:30-1:30pm TaiChi (GEX) 2:30pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)	3 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)	4 8-10am Beginner Pickleball(G) 9:30-10:15am Pilates(GEX) 10:15-11am SS BOOM (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 Total Body Strength(GEX)	5 8-10am Basketball (G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)	6 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
8 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)	9 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)	10 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)	11 8-10am Beginner Pickleball(G) 9:30-10:15am Pilate (G) 10:15-11am SS BOOM (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 Total Body Strength(GEX)	12 8-10am Basketball (G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)	13 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
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