

Group Exercise

October 2025

Open Gym


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 and classes/programs are subject to change	1 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)	2 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) 2-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) 5-5:45pm Youth Pickleball(G2) 5-5:45pm Basketball(G1) 6-6:45pm Total Body Strength(GEX) 5:45-8pm Basketball(G)	3 8-10am Basketball (G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)	4 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
6 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)	7 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)	8 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)	9 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) 2-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) 5-5:45pm Youth Pickleball(G2) 5-5:45pm Basketball(G1) 6-6:45pm Total Body Strength(GEX) 5:45-8pm Basketball(G)	10 8-10am Basketball (G) 10:15-11am SS Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)	11 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)
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