



Group Exercise

November 2025

Open Gym



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND: (G) – Gymnasium (S) – Silo P&R Website: www.uptrec.org MAROON - GYM RENTAL Scan the QR code to register.			NOTES: -To avoid class disruptions, 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 independently. -All classes/programs are subject to change. -Rock wall is open for all members during operating hours. -Open Gym Times subject to change.			
2	3 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-4pm Pickleball(G) 12:30-1pm Quick 30 (GEX) 4-5pm Basketball(G) *Gymnasium is closed from 5 to 8pm for Elections.	4 12:30-1:30pm Tai Chi (GEX) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX) *Gymnasium closed for Elections. No Pickleball or senior classes.	5 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball (G2) 6-8pm Men's Basketball	6 8-10am Beginner Pickleball(G) 10:15am-11am SS Boom(G) 11:30-2pm Pickleball (G) 12:30-1pm Quick 30 (GEX) 2:30pm-5pm Basketball(G) 4:30-5:30 Yoga (GEX) 6-6:45pm Total Body Strength(GEX) 5-5:45 pm Youth Pickleball (G1) 6-8pm Basketball (G1) Gym Rental 6-8pm (G2)	7 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2pm Pickleball (G) 2-5pm Basketball (G2) 5-6pm Youth Futsal (G) 6-8pm Futsal (G)	8 8-10am Basketball(G) 10-12pm Basketball(G2) 10-12pm Badminton(G)
9	10 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)	11 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30pm Pickleball(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX) 5-8pm Badminton (G1) 5-8pm Basketball (G2)	12 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball (G2) 6-8pm Men's Basketball(G1)	13 8-10am Beginner Pickleball(G) 10:15am-11am SS Boom(G) 12:30-1pm Quick 30 (FITNESS CENTER) 11:30-2pm Pickleball (G) 2:30pm-5pm Basketball(G) 4:30-5:30 Yoga (GEX) 6-6:45pm Total Body Strength(GEX) 5-5:45 pm Youth Pickleball (G1) 5-8pm Basketball (G2)	14 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2pm Pickleball (G) 2-5pm Basketball (G2) 5-6pm Youth Futsal (G) 6-8pm Futsal (G)	15 8-10am Basketball(G) 10-12pm Basketball(G2) 10-12pm Badminton(G)
16	17 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)	18 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30pm Pickleball(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX) 5-8pm Badminton (G1) 5-8pm Basketball (G2)	19 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) 11:30-2pm Pickleball (G) 2-5pm Basketball (G) Gymnasium will be closed from 4 to 8pm for our Dance Rehearsal.	20 8-10am Beginner Pickleball(G) 10:15am-11am SS Boom(G) 11:30-2pm Pickleball (G) 12:30-1pm Quick 30 (GEX) 2:30pm-5pm Basketball(G) 4:30-5:30 Yoga (GEX) 6-6:45pm Total Body Strength(GEX) 5-5:45 pm Youth Pickleball (G1) 5-8pm Basketball (G2)	21 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2pm Pickleball (G) 2-4pm Basketball (G2) Gymnasium will be closed from 4 to 8pm for our Dance Recital.	22 8-10am Basketball(G) 10-12pm Basketball(G2) 10-12pm Badminton(G)
23	24 10:15-11am SS Classic(G) 5pm-8pm Basketball(G) 6pm-8pm Men's Basketball(G)	25 10:15-11am Chair Yoga(G) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX) 5-8pm Badminton (G1) 5-8pm Basketball (G2)	26 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G)	27 Happy Thanksgiving! The UPT Community Center CLOSED today. We will see you tomorrow for shortened hours.	28 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2pm Pickleball (G)	29 8-10am Basketball(G) 10-12pm Basketball(G2) 10-12pm Badminton(G)
30	Gymnasium will be closed 8am-5pm for Kids Day out camp	Gymnasium will be closed 8am-5pm for Kids Day out camp	Gymnasium will be closed from 5 to 8pm for our Glow Party.		UPT Community Center will be open from 8am to 2pm today.	