



Group Exercise

December 2025

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Quick 30 (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	2 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Intermediate Pickleball(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX)	3 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 6-8pm Men's Basketball (G1) 6-8pm Basketball (G2)	4 8-10am Beginner Pickleball(G) 9:30-10:15 Pilates (GEX) 10:15am-11am SS Boom(G) 11:30-2 Intermediate Pickleball (G) 12:30-1pm Quick 30 (GEX) 2:00pm-5pm Basketball(G) 4:30-5:30 Yoga (GEX) 6-6:45 Total Body Strength(GEX) 5-8pm Basketball (G)	5 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 6-8pm Futsal(G)	6 8-10am Basketball(G) 10:15-12pm Private Rental (G)
8 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Quick 30 (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	9 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Intermediate Pickleball(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX)	10 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 6-8pm Men's Basketball (G1) 6-8pm Basketball (G2)	11 8-10am Beginner Pickleball(G) 9:30-10:15 Pilates (GEX) 10:15am-11am SS Boom(G) 11:30-2 Intermediate Pickleball (G) 12:30-1pm Quick 30 (GEX) 2:00pm-5pm Basketball(G) 4:30-5:30 Yoga (GEX) 6-6:45 Total Body Strength(GEX) 5-8pm Basketball (G)	12 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) GYMNASIUM WILL BE CLOSED 2-8 PM FOR OPEN HOUSE	13 8-10am Basketball(G) 10:15-12pm Private Rental (G)
15 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Quick 30 (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	16 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Intermediate Pickleball(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX)	17 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 6-8pm Men's Basketball (G1) 6-8pm Basketball (G2)	18 8-10am Beginner Pickleball(G) 9:30-10:15 Pilates (GEX) 10:15am-11am SS Boom(G) 11:30-2 Intermediate Pickleball (G) 12:30-1pm Quick 30 (GEX) 2:00pm-5pm Basketball(G) 4:30-5:30 Yoga (GEX) 6-6:45 Total Body Strength(GEX) 5-8pm Basketball (G)	19 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 6-8pm Futsal(G)	20 8-10am Basketball(G) 10:15-12pm Private Rental (G)
22 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Quick 30 (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	23 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Intermediate Pickleball(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX)	24 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) COMMUNITY CENTER CLOSED AT 12PM	25 CLOSED HAPPY HOLIDAYS!!!	26 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 6-8pm Futsal(G)	27 8-10am Basketball(G) 10:15-12pm Private Rental (G)
29 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Quick 30 (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	30 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Intermediate Pickleball(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Total Body Strength (GEX) 7-7:45 Pilates (GEX)	31 8-10am Beginner Pickleball (G) 10:15am-11am Senior Stretch (G) COMMUNITY CENTER CLOSED AT 12PM	LEGEND: (G)- Gymnasium (S)- Silo (GEX) Group Exercise Room (MPG) Multipurpose Room	-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.	

