



Group Exercise

January 2026

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.		1 CLOSED HAPPY NEW YEAR!!	2 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 5-6 Youth Futsal (G) 6-8pm Futsal(G)	3 8-10am Men's Basketball(G1) 8-10am Basketball(G2) GYM CLOSED 10AM-12PM
5 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Cardio Blast (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	6 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic (G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX) 7-7:45 Pilates (GEX)	7 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)	8 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 Cardio Blast (GEX) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab(GEX) 2-8pm Basketball (G)	9 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-5pm Basketball (G) 5-6 Youth Futsal (G) 6-8pm Futsal(G)	10 8-10am Men's Basketball(G1) 8-10am Basketball(G2) GYM CLOSED 10AM-12PM
12 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Cardio Blast (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	13 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic (G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX) 7-7:45 Pilates (GEX)	14 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)	15 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 Cardio Blast (GEX) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab(GEX) 2-8pm Basketball (G)	16 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 5-6 Youth Futsal (G) 6-8pm Futsal(G)	17 8-10am Men's Basketball(G1) 8-10am Basketball(G2) GYM CLOSED 10AM-12PM
19 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Cardio Blast (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	20 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic(G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX) 7-7:45 Pilates (GEX)	21 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)	22 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 Cardio Blast (GEX) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab(GEX) 2-8pm Basketball (G)	23 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 5-6 Youth Futsal (G) 6-8pm Futsal(G)	24 8-10am Men's Basketball(G1) 8-10am Basketball(G2) GYM CLOSED 10AM-12PM
26 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-2 Intermediate Pickleball(G) 12:30-1pm Cardio Blast (GEX) 2-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	27 8-10am Beginner Pickleball(G) 10:15am-11am Chair Yoga(G) 11:30am-2:30 Pickleball Clinic (G) 12:30-1:30pm Tai Chi (GEX) 2:30pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX) 7-7:45 Pilates (GEX)	28 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)	29 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 Cardio Blast (GEX) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab(GEX) GYM CLOSED 2-8 FOR LASER TAG	30 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-6pm Basketball (G) 5-6 Youth Futsal (G) 6-8pm Futsal(G)	31 8-10am Men's Basketball(G1) 8-10am Basketball(G2) GYM CLOSED 10AM-12PM

