

May 2026

Group Exercise

Open Gym



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND: (G)- Gymnasium (S)- Silo (GEX) Group Exercise Room (MPG) Multipurpose Room</p>	<p>-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.</p>	<p>Scan the QR code to access our website & our latest activity guide!</p> 		<p>1</p> <p>8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)</p>	<p>2</p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>
<p>4</p> <p>8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-4 Intermediate Pickleball(G) 12:30-1pm Cardio Blast (GEX) 4-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)</p>	<p>5</p> <p>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)</p>	<p>6</p> <p>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)</p>	<p>7</p> <p>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)</p>	<p>8</p> <p>8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)</p>	<p>9</p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>
<p>11</p> <p>8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-4 Intermediate Pickleball(G) 12:30-1pm Cardio Blast (GEX) 4-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)</p>	<p>12</p> <p>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)</p>	<p>13</p> <p>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)</p>	<p>14</p> <p>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)</p>	<p>15</p> <p>8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)</p>	<p>16</p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>
<p>18</p> <p>8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-4 Intermediate Pickleball(G) 12:30-1pm Cardio Blast (GEX)</p> <p>Gymnasium closed at 5pm in preparations for elections</p>	<p>19</p> <p>6-6:45pm Strength Lab (GEX) 7-7:45 Pilates (GEX)</p> <p>Gymnasium is CLOSED for elections!</p>	<p>20</p> <p>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)</p>	<p>21</p> <p>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)</p>	<p>22</p> <p>8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)</p>	<p>23</p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>
<p>25</p> <p>UPT Community Center is CLOSED in observation of the holiday</p>	<p>26</p> <p>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)</p>	<p>27</p> <p>10:15am-11am Senior Stretch (G) 2-6pm Basketball (G) 6-8pm Men's Basketball (G1) 6-8pm Basketball (G2)</p> <p>Gymnasium CLOSED 8:00am-5:00pm</p>	<p>28</p> <p>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)</p>	<p>29</p> <p>8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)</p>	<p>30</p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>

