

# June 2026

Group Exercise

Open Gym



<p><b>1</b></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><b>2</b></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 Core &amp; More (GEX)</p>	<p><b>3</b></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><b>4</b></p> <p>8-10am Beginner Pickleball(G) 9:30-10:15 Core &amp; More (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><b>5</b></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><b>6</b></p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>
<p><b>8</b></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><b>9</b></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 Core &amp; More (GEX)</p>	<p><b>10</b></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><b>11</b></p> <p>8-10am Beginner Pickleball(G) 9:30-10:15 Core &amp; More (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><b>12</b></p> <p>8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G)  <b>*The gymnasium is closed from 11am until 8pm!</b></p>	<p><b>13</b></p> <p><b>*UPT community center closed today. We hope you will join us for Cars &amp; Guitars this evening!</b></p>
<p><b>15</b></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><b>16</b></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 Core &amp; More (GEX)</p>	<p><b>17</b></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><b>18</b></p> <p>8-10am Beginner Pickleball(G) 9:30-10:15 Core &amp; More (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><b>19</b></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><b>20</b></p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>
<p><b>22</b></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><b>23</b></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 Core &amp; More (GEX)</p>	<p><b>24</b></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><b>25</b></p> <p>8-10am Beginner Pickleball(G) 9:30-10:15 Core &amp; More (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><b>26</b></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><b>27</b></p> <p>8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)</p>
<p><b>29</b></p> <p><b>*UPT Community Center is closed for maintenance through July 4<sup>th</sup></b></p> <p>See you next week!</p>	<p><b>30</b></p> <p>→</p>	<p><b>LEGEND:</b> (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 &amp; our latest activity guide!</p> 	