



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LEGEND:</b>                      (G)- Full Gymnasium                      (G1) or (G2) – Half Court Gymnasium                      (S)- Silo                      (GEX) Group Exercise Room                      (MPG) Multipurpose Room</p> <p>Scan the QR code to access our website &amp; our latest activity guide!</p>		<p>1</p> <p><b>**UPT Community Center is closed for maintenance through July 4<sup>th</sup>. No Camps or dance class this week!</b></p> <p>See you next week</p>	<p>2</p>	<p>3</p>	<p>4</p> <p><b>Happy Independence Day!</b></p>
<p>6</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>7</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>8</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>9</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>10</p> <p>8-10am Beginner Pickleball(G)                      10:15am-11am SS Stability(G)                      11:30-2 Intermediate Pickleball (G)                      2-4pm Basketball (G)</p> <p><b>*Summer hours begin today! The Center will close at 4pm.</b></p>	<p>11</p> <p>8-10am Men's Basketball(G1)                      8-10am Basketball(G2)                      10-12pm Badminton(G1)                      10-12pm Basketball(G2)</p>
<p>13</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>14</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>15</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>16</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>17</p> <p>8-10am Beginner Pickleball(G)                      10:15am-11am SS Stability(G)                      11:30-2 Intermediate Pickleball (G)                      2-4pm Basketball (G)</p>	<p>18</p> <p>8-10am Men's Basketball(G1)                      8-10am Basketball(G2)                      10-12pm Badminton(G1)                      10-12pm Basketball(G2)</p>
<p>20</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)                      6pm-8pm Men's Basketball(G1)                      6pm-8pm Basketball(G2)</p>	<p>21</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>22</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>23</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>24</p> <p>8-10am Beginner Pickleball(G)                      10:15am-11am SS Stability(G)                      11:30-2 Intermediate Pickleball (G)                      2-4pm Basketball (G)</p>	<p>25</p> <p>8-10am Men's Basketball(G1)                      8-10am Basketball(G2)                      10-12pm Badminton(G1)                      10-12pm Basketball(G2)</p>
<p>27</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)                      6pm-8pm Men's Basketball(G1)                      6pm-8pm Basketball(G2)</p>	<p>28</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>29</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>30</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>31</p> <p>8-10am Beginner Pickleball(G)                      10:15am-11am SS Stability(G)                      11:30-2 Intermediate Pickleball (G)                      2-4pm Basketball (G)</p>	<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>-To avoid class disruptions, please arrive 5 minutes prior to the start of class.</li> <li>-10+ are welcome with a parent or guardian for open gym. 14+ may join all classes independently.</li> <li>-All classes/programs are subject to change.</li> <li>-Rock wall is open for all members during operating hours.</li> <li>-Open Gym Times subject to change.</li> </ul>