



Group Exercise

OCTOBER 2026

Open Gym



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES: -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.	LEGEND: (G) – Gymnasium (S) – Silo (BR) – Black Rock Park (AF) – Anderson Farm Park (GEX) – Group Exercise Room (MPR) – Multipurpose Room (AMP) – Amphitheater Field P&R Website: www.uptrec.org BLUE – Programs (Visit P&R website to register) MAROON - GYM RENTAL Scan the QR code to register.			1 8-10am Beginner Pickleball(G) 9:15-10am Pilates (G) 10:15am-11am Boom Mind (G) 11:30am-2:30 Pickleball Clinic (G) 12-12:30pm Cardio Blast (GEX) 3-8pm Basketball (G) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab (GEX)	2 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) Gymnasium Closed from 2:30 to 8pm for our Center Open House.	3 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
4	5 8-10am Beginner Pickleball(G) 10:15-11am SS Classic (G) 11:30am-4 Intermediate Pickleball(G) 12-12:30pm Cardio Blast (GEX) 4-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	6 8-10am Beginner Pickleball(G) 10:15am-11:15am Chair Yoga(G) 11:30-12:30pm Tai Chi (G) 1-4pm Intermediate Pickleball (G) 4pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX)	7 8-10am Beginner Pickleball(G) 10:15am-11am Boom Move (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) 9:15-10am Pilates (G) 10:15am-11am Boom Mind (G) 11:30am-2:30 Pickleball Clinic (G) 12-12:30pm Cardio Blast (GEX) 3-8pm Basketball (G) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab (GEX)	9 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)	10 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
11	12 8-10am Beginner Pickleball(G) 10:15-11am SS Classic (G) 11:30am-4 Intermediate Pickleball(G) 12-12:30pm Cardio Blast (GEX) 4-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	13 8-10am Beginner Pickleball(G) 10:15am-11:15am Chair Yoga(G) 11:30-12:30pm Tai Chi (G) 1-4pm Intermediate Pickleball (G) 4pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX)	14 8-10am Beginner Pickleball(G) 10:15am-11am Boom Move (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) 9:15-10am Pilates (G) 10:15am-11am Boom Mind (G) 11:30am-2:30 Pickleball Clinic (G) 12-12:30pm Cardio Blast (GEX) 3-8pm Basketball (G) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab (GEX)	16 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)	17 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
18	19 10:15-11am SS Classic(G) 12-12:30pm Cardio Blast (GEX) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2) No Pickleball today. Open Gym ONLY available from 5-8pm.	20 8-10am Beginner Pickleball(G) 10:15am-11:15am Chair Yoga(G) 11:30-12:30pm Tai Chi (G) 1-4pm Intermediate Pickleball (G) 4pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX)	21 8-10am Beginner Pickleball(G) 10:15am-11am Boom Move (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) 9:15-10am Pilates (G) 10:15am-11am Boom Mind (G) 11:30am-2:30 Pickleball Clinic (G) 12-12:30pm Cardio Blast (GEX) 3-8pm Basketball (G) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab (GEX)	23 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)	24 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
25	26 8-10am Beginner Pickleball(G) 10:15-11am SS Classic(G) 11:30am-4 Intermediate Pickleball(G) 12-12:30pm Cardio Blast (GEX) 4-6pm Basketball(G) 6pm-8pm Men's Basketball(G1) 6pm-8pm Basketball(G2)	27 8-10am Beginner Pickleball(G) 10:15am-11:15am Chair Yoga(G) 11:30-12:30pm Tai Chi (G) 1-4pm Intermediate Pickleball (G) 4pm-5pm Basketball(G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX)	28 8-10am Beginner Pickleball(G) 10:15am-11am Boom Move (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) 9:15-10am Pilates (G) 10:15am-11am Boom Mind (G) 11:30am-2:30 Pickleball Clinic (G) 12-12:30pm Cardio Blast (GEX) 3-8pm Basketball (G) 4:30-5:30 Yoga (GEX) 6-6:45 Strength Lab (GEX)	30 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-8pm Basketball (G)	31 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2) Happy Halloween!