UPPER PROVIDENCE TOWNSHIP COMMUNITY CENTER

Group Exercise

DECEMBER 2026

Open Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND: **(G) –** Gymnasium **(GEX)** – Group Exercise Room **(S) –** Silo **(MPR) –** Multipurpose Room **(BR)** – Black Rock Park **(AMP) –** Amphitheater Field **(AF)** – Anderson Farm Park **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) 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) 7-7:45 Core & More (GEX)	2 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)	3 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)	4 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-4pm Basketball (G)	5 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
6	7 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)	8 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) 7-7:45 Core & More (GEX)	9 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)	10 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)	11 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-4pm Basketball (G)	12 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
13	14 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)	15 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) 7-7:45 Core & More (GEX)	16 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)	17 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)	18 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-4pm Basketball (G)	19 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
20	21 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)	22 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) 7-7:45 Core & More (GEX)	23 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)	24 8-10am Beginner Pickleball(G) 9:15-10am Pilates (G) 10:15am-11am Boom Mind (G) **UPT Community Center is open 8am to 12pm**	25 **UPT Community Center is closed today.**	26 8am-12pm Open Gym time (no organized play) (G)
27	28 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)	29 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) 7-7:45 Core & More (GEX)	30 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)	31 8-10am Beginner Pickleball(G) 9:15-10am Pilates (G) 10:15am-11am Boom Mind (G) **UPT Community Center is open 8am to 12pm**	**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.		