UPPER PROVIDENCE TOWNSHIP COMMUNITY CENTER

NOVEMBER 2026

Group Exercise

Open Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8-10am Beginner Pickleball(G) 10:15-11am SS Classic (G) 11:30am-4 Intermediate Pickleball(G) 12-12:30pm Cardio Blast (GEX) 4-5pm Basketball (G) **Gymnasium Closed from 5pm to 8pm in preparations for Elections.**	3 10:15am-11:15am Chair Yoga(GEX) 11:30-12:30pm Tai Chi (GEX) 6-6:45pm Strength Lab (GEX) 7-7:45 Core & More (GEX) **Gymnasium Closed for Elections. No Classes or Open Gym today.**	4 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)	5 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)	6 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-4pm Basketball (G)	7 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
8	9 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)	10 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)	11 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)	12 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)	13 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-4pm Basketball (G)	14 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
15	16 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)	17 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)	18 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)	19 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)	20 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) 2-4pm Basketball (G)	21 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
22	23 8-10am Beginner Pickleball(G) 10:15-11am SS Classic (G) 12-12:30pm Cardio Blast (GEX) 5-6pm Basketball(G) 6pm-8pm Men' s Basketball(G1) 6pm-8pm Basketball(G2) **No Pickleball! Open Gym is ONLY available from 5-8pm.**	24 8-10am Beginner Pickleball(G) 10:15am-11:15am Chair Yoga(G) 11:30-12:30pm Tai Chi (G) 5-8pm Badminton (G1) 5-8pm Basketball (G2) 6-6:45pm Strength Lab (GEX) 7-7:45 Core & More (GEX) **No Pickleball! Open Gym is ONLY available from 5-8pm.**	25 8-10am Beginner Pickleball(G) 10:15am-11am Boom Move (G) 11:30-2 Intermediate Pickleball (G) 2-5pm Basketball (G) **Gym Closed from 5pm-8pm!**	26 **Happy Thanksgiving!** **UPT Community Center is closed today. We will see you tomorrow.**	27 8-10am Beginner Pickleball(G) 10:15am-11am SS Stability(G) 11:30-2 Intermediate Pickleball (G) **UPT Community Center is operating on shortened hours today. We will be open from 8am to 2pm.**	28 8-10am Men's Basketball(G1) 8-10am Basketball(G2) 10-12pm Badminton(G1) 10-12pm Basketball(G2)
29	30 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)	31 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)	**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 **(AFP)** – Anderson Farm Park **(L)** - Library **P&R Website: www.uptrec.org** **BLUE – Programs** **MAROON - GYM RENTAL**	(**GEX**) – Group Exercise Room (**MPR**) **–** Multipurpose Room **(GR) –** Game Room **(FH)** – UPT Firehouse **(AF)** – Arader Farm **GREEN – Special events** **Scan the QR code to register.**	