


## Group Exercise

## May

## Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>-To avoid class disruptions, please arrive 5 minutes prior to the start of class.</p> <p>-10+ are welcome with a parent or guardian for open gym. 14+ may join all classes.</p> <p>-All open gym times/ classes/programs are subject to change</p> <p>-Register for classes and programs at <a href="http://uprov.recdesk.com">uprov.recdesk.com</a></p>		<p>1 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G1)</p>	<p>2 8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS Cardio (G) 11-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) 5:45-6:30pm Core Power(GEX) 5-8p Badminton(G2) 5-8pm Basketball(G1)</p>	<p>3 8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)</p>	<p>4 <b>Community Center Closed</b></p>
<p>6 8-10am Basketball(G) 10:15-11am Enhanced Fit(G) 11:30am-4pm Pickleball(G) 4-6pm Basketball(G) 6pm-8pm Basketball(G2) 6pm-8pm Men's Basketball(G1)</p>	<p>7 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-1:30 Pickleball Clinic(G) 12:30-1:30pm Qigong(GEX) 2pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)</p>	<p>8 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G1)</p>	<p>9 8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS Cardio (G) 11-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) 5-8p Pickleball(G2) 5-8pm Basketball(G1)</p>	<p>10 8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)</p>	<p>11 <b>Gymnasium closed today</b> (call frontdesk 484-391-2390 to confirm)</p>
<p>13 8-10am Basketball(G) 10:15-11am Enhanced Fit(G) 11:30am-4pm Pickleball(G) 4-6pm Basketball(G) 6pm-8pm Basketball(G2) 6pm-8pm Men's Basketball(G1)</p>	<p>14 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-1:30 Pickleball Clinic(G) 12:30-1:30pm Qigong(GEX) 2pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)</p>	<p>15 8-10am Beginner Pickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G1)</p>	<p>16 8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS Cardio (G) 11-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) 5-8p Badminton(G2) 5-8pm Basketball(G1)</p>	<p>17 8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)</p>	<p>18 8-10am Basketball (G) 10-12pm Basketball(G2) 10-12pm Badminton(G1)</p>
<p>20 8-10am Basketball(G) 10:15-11am Enhanced Fit(G) 11:30am-4pm Pickleball(G) 4-6pm Basketball(G) 6pm-8pm Basketball(G2) 6pm-8pm Men's Basketball(G1)</p>	<p>21 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-1:30 Pickleball Clinic(G) 2pm-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)</p>	<p>22 8-10 BeginnerPickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G1)</p>	<p>23 8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS Cardio (G) 11-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) 5:45-6:30pm Core Power(GEX) 5-8p Pickleball(G2) 5-8pm Basketball(G1)</p>	<p>24 8-9:15am Basketball (G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)</p>	<p>25 <b>Community Center Closed</b></p>
<p>27</p>  <p><b>Community Center Closed</b></p>	<p>28 8-10am Beginner Pickleball(G) 10:15-11am Chair Yoga(G) 11:30am-1:30 Pickleball Clinic(G) 12:30-1:30pm Qigong(G) 11:30-5pm Basketball (G) 6-6:45pm TotalBodyStrength(GEX) 7-7:45pm Pilates(GEX) 5-8pm Badminton(G1) 5-8pm Basketball(G2)</p>	<p>29 8-10 BeginnerPickleball(G) 10:15-11am Senior Stretch(G) 11:30-2pm Pickleball (G) 2-6pm Basketball (G) 6-8pm Basketball(G1) 6-8pm Men's Basketball(G1)</p>	<p>30 8-9:30am Basketball (G) 9:30-10:15am Pilates(G) 10:15-11am SS Cardio (G) 11-5pm Basketball(G) 4:30-5:30pm Yoga(GEX) 5:45-6:30pm Core Power(GEX) 5-8p Badminton(G2) 5-8pm Basketball(G1)</p>	<p>31 8-9:15am Basketball (G) 9:15-10am Zumba(G) 10:15-11am Strength &amp; Stability(G) 11:30am-2pm Pickleball (G) 2-8pm Basketball(G)</p>	<p>(G1) Gym Court 1 (G2) Gym Court 2 (G) Full Gymnasium (GEX) Group Exercise Rm GEX classes listed in <b>BLUE</b> Programs listed in <b>GREEN</b> <b>*registration required</b></p>