

PLEASANT GROVE RECREATION CENTER

(336) 270- 5124

June 2022						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 FITNESS ROM 8:00am – 12:00pm OPEN GYM 5:30 – 7:30pm	2 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am	3 FITNESS ROOM 8:00am – 12:00pm	4 OPEN GYM 9:00am – 12:00pm
5	6 FITNESS ROOM 8:00am - 12:00pm	7 FITNESS ROOM 8:00am – 12:00pm	8 FITNESS ROOM 8:00am – 12:00pm COMMUNITY BINGO 9:00am – 11:00am OPEN GYM 5:30pm – 7:30pm	9 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am	10 FITNESS ROOM 8:00am – 12:00pm	11 OPEN GYM 9:00am – 12:00pm
12	13 FITNESS ROOM 8:00am – 12:00pm	14 FITNESS ROOM 8:00am – 12:00pm	15 FITNESS ROOM 8:00am – 12:00pm OPEN GYM 5:30pm – 7:30pm	16 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am	17 FITNESS ROOM 8:00am – 12:00pm	18
19	20 FITNESS ROOM 8:00am – 12:00pm	21 FITNESS ROOM 8:00am – 12:00pm	22 FITNESS ROOM 8:00am – 12:00pm COMMUNITY BINGO/LUNCH 9:00am – 11:00am OPEN GYM 5:30pm – 7:30pm	23 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am	24 FITNESS ROOM 8:00am – 12:00pm	25 OPEN GYM 9:00am – 12:00pm
26	27 FITNESS ROOM 8:00am – 12:00pm	28 FITNESS ROOM 8:00am – 12:00pm	29 FITNESS ROOM 8:00am – 12:00pm OPEN GYM 5:30pm – 7:30pm	30 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am		