

PLEASANT GROVE RECREATION CENTER

(336) 270 – 5124

Revised: 10/18/22

October 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 OPEN GYM 9:00 – 11:30am
2	3 FITNESS ROOM 8:00am – 12:00pm OPEN GYM / FITNESS ROOM 5:30 – 7:30pm	4 FITNESS ROOM 8:00am – 12:00pm ARCHERY CLASS 4:30 – 7:30pm	5 FITNESS ROOM 8:00am – 12:00pm OPEN GYM / FITNESS ROOM 5:30 – 7:30pm	6 FITNESS ROOM 8:00am – 12:00pm PICKLEBALL / FITNESS ROOM 5:30 – 7:30pm	7 FITNESS ROOM 8:00am – 12:00pm	8 OPEN GYM 9:00 – 11:30am
9	10 FITNESS ROOM 8:00am – 12:00pm OPEN GYM / FITNESS ROOM 5:30 – 7:30pm	11 FITNESS ROOM 8:00am – 12:00pm ARCHERY CLASS 4:30 – 7:30pm	12 FITNESS ROOM 8:00am – 12:00pm COMMUNITY BINGO 9:00 – 11:00am OPEN GYM / FITNESS ROOM 5:30 – 7:30pm	13 FITNESS ROOM 8:00am – 12:00pm PICKLEBALL / FITNESS ROOM 5:30 – 7:30pm	14 FITNESS ROOM 8:00am – 12:00pm	15 OPEN GYM 9:00am – 11:30am
16	17 FITNESS ROOM 8:00am – 12:00pm OPEN GYM / FITNESS ROOM 5:30 – 7:30pm	18 FITNESS ROOM 8:00am – 12:00pm ARCHERY CLASS 4:30 – 7:30pm	19 FITNESS ROOM 8:00am – 12:00pm OPEN GYM / FITNESS ROOM 5:30 – 7:30pm	20 FITNESS ROOM 8:00am – 12:00pm / 5:30 – 7:30pm	21 FITNESS ROOM 8:00am – 12:00pm	22 OPEN GYM 9:00am – 11:30am
23	24 FITNESS ROOM 8:00am – 12:00pm / 5:30 – 7:30pm BASKETBALL CLINIC 6:00 – 7:30pm	25 FITNESS ROOM 8:00am – 12:00pm ARCHERY CLASS 4:30 – 7:30pm	26 FITNESS ROOM 8:00am – 12:00pm 5:30 – 7:30pm COMMUNITY BINGO / POT LUCK LUNCH 9am – 12:00pm BASKETBALL CLINIC 6:00 – 7:30pm	27 FITNESS ROOM 8:00am – 12:00pm	28 FITNESS ROOM 8:00am – 12:00pm	29 OPEN GYM 9:00am – 11:30am
30	31 FITNESS ROOM 8:00am – 12:00pm					