

PLEASANT GROVE RECREATION CENTER

(336) 270 – 5124

February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm COMMUNITY BINGO 9:00am – 11:00am OPEN GYM 5:30pm – 7:30pm	2 FITNESS ROOM 8:00am – 12:00pm 5:50pm – 7:30pm CHAIR YOGA 9:00am – 10:00am BASKETBALL PRACTICES 6:00pm – 8:00pm	3 FITNESS ROOM 8:00am – 12:00pm	4 BASKETBALL GAMES 9:00am – 12:00pm
5	6 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm OPEN GYM 5:30pm – 7:30pm	7 FITNESS ROOM 8:00am – 12:00pm	8 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm BASKETBALL GAMES 6:00pm – 8:30pm	9 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm CHAIR YOGA 9:00am – 10:00am BASKETBALL PRACTICES 6:00pm – 8:00pm	10 FITNESS ROOM 8:00am – 12:00pm	11 OPEN GYM 9:00am – 11:00am
12	13 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm BASKETBALL GAMES 6:00pm – 8:30pm	14 FITNESS ROOM 8:00am – 12:00pm	15 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm COMMUNITY BINGO & LUNCH 9:00am – 12:00pm OPEN GYM 5:30pm – 7:30pm	16 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm CHAIR YOGA 9:00am – 10:00am BASKETBALL PRACTICES 6:00pm – 8:00pm	17 FITNESS ROOM 8:00am – 12:00pm	18
19	20 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm BASKETBALL GAMES 6:00pm – 8:00pm	21 FITNESS ROOM 8:00am – 12:00pm	22 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm 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 – 11:00am
26	27 FITNESS ROOM 8:00am – 12:00pm 5:30pm – 7:30pm	28 FITNESS ROOM 8:00am – 12:00pm				