

PLEASANT GROVE RECREATION CENTER

(336) 270- 5124

March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 FITNESS ROOM 8:00am – 12:00pm	2 FITNESS ROOM 9:00am – 11:00am CENTER COURT BASKETBALL 9:00am – 12:00pm
3	4 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	5 FITNESS ROOM 8:00am – 12:00pm	6 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	7 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am	8 FITNESS ROOM 8:00am – 12:00pm	9 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
10	11 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	12 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	13 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm COMMUNITY BINGO 9:00am – 11:00am OPEN GYM 6-7:30pm	14 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am	15 FITNESS ROOM 8:00am – 12:00pm	16 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
17	18 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	19 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	20 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	21 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9:00am – 10:00am	22 FITNESS ROOM 8:00am – 12:00pm	23 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
24	25 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	26 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	27 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm COMMUNITY BINGO/LUNCH 9:00am – 12:00pm OPEN GYM 6-7:30pm	28 FITNESS ROOM 8:00am – 12:00pm CHAIR YOGA 9-10am ARCHERY CLASSES 5:30pm – 7:30pm	29 CLOSED	30 CLOSED
31						