

PLEASANT GROVE RECREATION CENTER

(336) 270 - 5124

August 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 FITNESS ROOM 8:00am – 12:00pm	2 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
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 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	6 FITNESS ROOM 8:00am – 12:00pm	7 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	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 COMMUNITY BINGO 9:00am – 11:00am	14 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	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	21 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	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 COMMUNITY BINGO / LUNCH 9:00am – 11:30am	28 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	29 FITNESS ROOM 8:00am – 12:00pm	30 CLOSED
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