

PLEASANT GROVE RECREATION CENTER

(336) 270 – 5124

August 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
2	3 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	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	8 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
9	10 FITNESS ROOM 8:00am 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	11 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	12 FITNESS ROOM 8:00am – 12:00pm COMMUNITY BINGO 9:00am – 11:00am	13 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	14 FITNESS ROOM 8:00am – 12:00pm	15 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
16	17 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	18 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	19 FITNESS ROOM 8:00am – 12:00pm	20 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	21 FITNESS ROOM 8:00am – 12:00pm	22 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
23	24 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	25 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	26 FITNESS ROOM 8:00am – 12:00pm COMMUNITY BINGO / POTLUCK LUNCH 9:00am – 11:30am	27 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	28 FITNESS ROOM 8:00am – 12:00pm	29 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
30	31 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm					