

PLEASANT GROVE RECREATION CENTER

(336) 270 - 5124

October 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm ARCHERY CLASS 5:00pm – 7:30pm	2 FITNESS ROOM 8:00am – 12:00pm	3 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
4	5 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	6 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	7 FITNESS ROOM 8:00am – 12:00pm COMMUNITY BINGO 9:00am – 11:00am	8 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm ARCHERY CLASS 5:00pm – 7:30pm	9 FITNESS ROOM 8:00am – 12:00pm	10 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
11	12 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm INTRO TO SPORTS 5:30pm – 7:30pm	13 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm OPEN GYM 6:00pm – 7:30pm	14 FITNESS ROOM 8:00am – 12:00pm INTRO TO SPORTS 5:30pm – 7:30pm	15 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm ARCHERY CLASS 5:00pm – 7:30pm	16 FITNESS ROOM 8:00am – 12:00pm	17 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
18	19 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm INTRO TO SPORTS 5:30pm – 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 COMMUNITY BINGO / POTLUCK LUNCH 9:00am – 11:30am INTRO TO SPORTS 5:30pm – 7:30pm	22 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm ARCHERY CLASS 5:00pm – 7:30pm	23 FITNESS ROOM 8:00am – 12:00pm	24 FITNESS ROOM / OPEN GYM 9:00am – 11:00am
25	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 OPEN GYM 6:00pm – 7:30pm	28 FITNESS ROOM 8:00am – 12:00pm	29 FITNESS ROOM 8:00am – 12:00pm 6:00pm – 7:30pm ARCHERY CLASS 5:00pm – 7:30pm	30 FITNESS ROOM 8:00am – 12:00pm	31 FITNESS ROOM / OPEN GYM 9:00am – 11:00am