


# PELHAM RECREATION CENTER

## July 2020

2020 Pelham Park Blvd 205-620-6426

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Pelham Recreation Center Hours</b>  Monday—Thursday 7am-9pm  Friday 7am-8pm  Saturday 7am-6pm  Sunday 1pm-6pm</p>		 <p><i>July National Parks &amp; Recreation Month</i></p>	<p>1  5:30-6:30pm In-Trinity (M)</p>	<p>2  <b>Nature Trail Challenge Ends</b>  8:45-9:45am Rev+Flow (S)  5:30-6:30pm Rev+Flow (S)  6:35:7:25pm Kickbox (50 min) (S)  <b>Everyone wear Red, White &amp; Blue</b></p>	<p>3</p>	<p>4  <b>Happy 4th of July!</b>  <b>Recreation Center Closed</b></p>
<p>5  4:00-5:00pm Intermediate Ballroom Dancing (M)</p>	<p>6  NO Yoga Class</p>	<p>7  8:45-9:45am Rev+ Flow (S)  <b>8:30am-12:00pm Patriotic Flag Craft—Free but MUST pre-register online</b>  5:30-6:30pm Barre (S)  5:30-6:30pm REFIT (M)</p>	<p>8  5:30-6:30pm In-Trinity (M)</p>	<p>9  8:45-9:45am Rev+Flow (S)  5:30-6:30pm Rev+Flow (S)  6:35:7:25pm Kickbox (50 min) (S)</p>	<p>10</p>	<p>11 <b>8:30-9:30am NEW Family Fun Fitness— Hit The Deck. Free but MUST pre-register online. NO Body Sculpt</b>  <b>11am-12pm Popsicles in the Park Drive by and pick up— first 100 people</b>  10:30am Taekwondo (S)</p>
<p>12  4:00-5:00pm Intermediate Ballroom Dancing (M)</p>	<p>13  5:30-6:45pm Yoga (S)</p> <p><b>Gymnasium Closed due to voting set up</b></p>	<p>14  8:45-9:45am Rev+ Flow (S)  5:30-6:30pm Barre (S)  5:30-6:30pm REFIT (M)</p> <p><b>Gymnasium Closed due to Voting</b></p>	<p>15  5:30-6:30pm In-Trinity (M)</p>	<p>16  <b>8:30am-10:30am Chalk the Walk</b>  8:45-9:45am Rev+Flow (S)  5:30-6:30pm Rev+Flow (S)  6:35:7:25pm Kickbox (50 min) (S)</p>	<p>17</p>	<p>18  8:30am Body Sculpt (S)  10:30am Taekwondo (S)</p>
<p>19  4:00-5:00pm Intermediate Ballroom Dancing (M)</p>	<p>20  5:30-6:45pm Yoga (S)</p>	<p>21  8:45-9:45am Rev+ Flow (S)  5:30-6:30pm Barre (S)  5:30-6:30pm REFIT (M)</p>	<p>22  5:30-6:30pm In-Trinity (M)</p>	<p>23  8:45-9:45am Rev+Flow (S)  5:30-6:30pm Rev+Flow (S)  6:35:7:25pm Kickbox (50 min) (S)</p>	<p>24</p>	<p>25  8:30am Body Sculpt (S)  10:30am Taekwondo (S)</p>
<p>26  4:00-5:00pm Intermediate Ballroom Dancing (M)</p>	<p>27  5:30-6:45pm Yoga (S)</p>	<p>28  <b>5:30pm Intro to Tball (4 year olds)</b>  8:45-9:45am Rev+ Flow (S)  5:30-6:30pm Barre (S)  5:30-6:30pm REFIT (M)</p>	<p>29  5:30-6:30pm In-Trinity (M)</p>	<p>30  8:45-9:45am Rev+Flow (S)  5:30-6:30pm Rev+Flow (S)  6:35:7:25pm Kickbox (50 min) (S)</p>	<p>31  <b>First Floor Multipurpose Room (M)</b>  <b>Second Floor Studio Room (S)</b></p>	