

PELHAM RECREATION CENTER

October 2020

2020 Pelham Park Blvd 205-620-6426

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pelham Recreation Center Hours Monday—Thursday 7am-9pm Friday 7am-8pm Saturday 7am-6pm Sunday 1pm-6pm	Studio Room Upstairs (S) Multipurpose Room (M) Gymnasium (G) Outdoor Basketball Courts (C) Outdoor Pavilion (P)			¹ Youth Basketball Registration Opens	² 7:30am-12pm Outdoor Pickleball (C)	³ 8:30am Body Sculpt (S) 9-10:15am FREE Yoga in the Park (F)
⁴ 4:30-6pm Music In The Park	⁵ 7:30am-12pm Outdoor Pickleball (C) 8:30am Walking Together (P) 5:30-6:45pm Yoga (S)	⁶ 8:45am-9:45am Rev+ Flow (S) 9:30am Line Dancing (Inter) (G) 11:00am Line Dancing (Improver)(G) 1:00pm-2:00pm Line Dancing (Beg) (G) 5:30pm REFIT (M) NO Barre (S) 6pm Running Club (P)	⁷ 8:30am Walking Together (P) 10:30am Silver Sneakers Exercise (G) 5:30pm In-Trinity (M) 6:30pm Basketball Skill Training (G)	⁸ 8:45am-9:45am Rev+ Flow (S) 5:30-6:30pm 30/30 HIIT & Strength (S)	⁹ 7:30am-12pm Outdoor Pickleball (C)	¹⁰ 8:30am Body Sculpt (S) 9-10:15am FREE Yoga in the Park (F)
¹¹ 1:30-2:30pm Children's Glass Art 3-4:30pm Show Your Glass Art (Adults)	¹² 7:30am-12pm Outdoor Pickleball (C) 8:30am Walking Together (P) NO Yoga (S)	¹³ 8:45am-9:45am Rev+ Flow (S) 9:30am Line Dancing (Inter) (G) 11:00am Line Dancing (Improver)(G) 1:00pm-2:00pm Line Dancing (Beg) (G) 5:30pm REFIT (M) 5:30pm Barre (S) 6pm Running Club (P)	¹⁴ 8:30am Walking Together (P) 10:30am Silver Sneakers Exercise (G) 5:30pm In-Trinity (M)	¹⁵ 8:45am-9:45am Rev+ Flow (S) 5:30-6:30pm 30/30 HIIT & Strength (S) 4-6:45pm Painting Pumpkins in the Park	¹⁶ 7:30am-12pm Outdoor Pickleball (C)	¹⁷ 8:30am Body Sculpt (S) 9-10:15am FREE Yoga in the Park (F) Scarecrows In The Park Set-up at City Park!
¹⁸ 1:30-4:30pm Line Dancing Workshop (Courts will be closed from 1-5pm) 4:30-6pm Music In The Park	¹⁹ 7:30am-12pm Outdoor Pickleball (C) 8:30am Walking Together (P) 5:30-6:45pm Yoga (S)	²⁰ 8:45am-9:45am Rev+ Flow (S) 9:30am Line Dancing (Inter) (G) 11:00am Line Dancing (Improver)(G) 1:00pm-2:00pm Line Dancing (Beg) (G) 5:30pm REFIT (M) 5:30pm Barre (S) 6pm Running Club (P)	²¹ 8:30am Walking Together (P) 10:30am Silver Sneakers Exercise (G) 5:30pm In-Trinity (M) 6:30pm Basketball Skill Training (G)	²² 8:45am-9:45am Rev+ Flow (S) 5:30-6:30pm 30/30 HIIT & Strength (S)	²³ 7:30am-12pm Outdoor Pickleball (C) NEW 1-2pm Tai Chi(G) (Courts closed from 1-2pm)	²⁴ 8:30am Body Sculpt (S) 9-10:15am FREE Yoga in the Park (F)
²⁵	²⁶ 7:30am-12pm Outdoor Pickleball (C) 8:30am Walking Together (P) NO Yoga (S)	²⁷ 8:45am-9:45am Rev+ Flow (S) 9:30am Line Dancing (Inter) (G) 11:00am Line Dancing (Improver)(G) 1:00pm-2:00pm Line Dancing (Beg) (G) 5:30pm REFIT (M) 5:30pm Barre (S) 6pm Running Club (P)	²⁸ 8:30am Walking Together (P) 10:30am Silver Sneakers Exercise (G) 5:30pm In-Trinity (M)	²⁹ 8:45am-9:45am Rev+ Flow (S) 5:30-6:30pm 30/30 HIIT & Strength (S)	³⁰ 7:30am-12pm Outdoor Pickleball (C) NEW 1-2pm Tai Chi (G) (Courts closed from 1-2pm)	³¹ 8:30am Body Sculpt (S) (Wear orange and black) Happy Halloween!

*Updated 10/12/20 Schedules are subject to change.