



July 2019

Provincetown Recreation Adult Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Yoga w/Greg 8:30 AM Stretch & Tone 5 PM Pickleball 5-8 Recovery Yoga 5:16pm	2 Modern Dance 10:15AM Forrest Yoga Noon Al-Anon 5:30 PM VFW Meeting 5:30-8 PM Recovery Yoga 6:45pm	3 Yoga w/Greg 8:00 AM Al-Anon 8:30am Clutterers Anon 11am Stretch & Tone 5 PM American Legion 5:30-8 Pickleball 5-8	4 AA Meeting 5 PM Al-Anon 5:30 PM	5 Yoga w/Greg 8:30 AM Modern Dance 10:15 AM Stretch & Tone 4:30 PM	6 Yoga w/Greg 8:30 AM
7	8 Yoga w/Greg 8:30 AM Stretch & Tone 5 PM Pickleball 5-8 Recovery Yoga 5:16pm	9 Modern Dance 10:15AM Forrest Yoga Noon Al-Anon 5:30 PM Recovery Yoga 6:45pm	10 Yoga w/Greg 8:00 AM Al-Anon 8:30am Clutterers Anon 11am Stretch & Tone 5 PM Pickleball 5-8	11 AA Meeting 5 PM Al-Anon 5:30 PM	12 Yoga w/Greg 8:30 AM Modern Dance 10:15 AM Stretch & Tone 4:30 PM	13 Yoga w/Greg 8:30 AM
14	15 Yoga w/Greg 8:30 AM Stretch & Tone 5 PM Pickleball 5-8 Recovery Yoga 5:16pm	16 Modern Dance 10:15AM Forrest Yoga Noon Al-Anon 5:30 PM Recovery Yoga 6:45pm	17 Yoga w/Greg 8:00 AM Al-Anon 8:30am Clutterers Anon 11am Stretch & Tone 5 PM Pickleball 5-8	18 AA Meeting 5 PM Al-Anon 5:30 PM	19 Yoga w/Greg 8:30 AM Modern Dance 10:15 AM Stretch & Tone 4:30 PM	20 Yoga w/Greg 8:30 AM
21	22 Yoga w/Greg 8:30 AM Stretch & Tone 5 PM Pickleball 5-8 Recovery Yoga 5:16pm	23 Modern Dance 10:15AM Forrest Yoga Noon Ballet Barre 5:15 PM Al-Anon 5:30 PM Recovery Yoga 6:45pm	24 Yoga w/Greg 8:00 AM Al-Anon 8:30am Clutterers Anon 11am Stretch & Tone 5 PM Pickleball 5-8	25 Ballet Barre 5:15 PM AA Meeting 5 PM Al-Anon 5:30 PM	26 Yoga w/Greg 8:30 AM Modern Dance 10:15 AM Stretch & Tone 4:30 PM	27 Yoga w/Greg 8:30 AM
28	29 Yoga w/Greg 8:30 AM Stretch & Tone 5 PM Pickleball 5-8 Recovery Yoga 5:16pm	30 Modern Dance 10:15AM Forrest Yoga Noon Ballet Barre 5:15 PM Al-Anon 5:30 PM Recovery Yoga 6:45pm	31 Yoga w/Greg 8:00 AM Al-Anon 8:30am Clutterers Anon 11am Stretch & Tone 5 PM Pickleball 5-8			

Located at the VMCC
 2 Mayflower Street
 508-487-7097
www.provincetown-ma.gov

- Room 88 Mirror Room
- Room 75 Small Room
- Room 73 Large Room
- VMCC Gymnasium