



• PAC •

COURTYARD SERIES

Meet us in the courtyard for some fun!

PENTAGON ATHLETIC CENTER

SPIN

YOGA

PILATES

YOGA.....14 OCT 2021 0900
 SPIN.....15 OCT 2021 0530
 PILATES.....18 OCT 2021 0600
 YOGA.....19 OCT 2021 0900
 SPIN.....20 OCT 2021 0530
 SPIN.....22 OCT 2021 0530
 PILATES.....25 OCT 2021 0600
 YOGA.....26 OCT 2021 0900
 SPIN.....27 OCT 2021 0530
 SPIN.....29 OCT 2021 0530
 PILATES.....01 NOV 2021 0600

YOGA.....02 NOV 2021 0900
 SPIN.....03 NOV 2021 0530
 SPIN.....05 NOV 2021 0530
 PILATES.....08 NOV 2021 0600
 YOGA.....09 NOV 2021 0900
 SPIN.....10 NOV 2021 0530
 SPIN.....12 NOV 2021 0530
 PILATES.....15 NOV 2021 0600
 YOGA.....16 NOV 2021 0900
 SPIN.....17 NOV 2021 0530
 SPIN.....19 NOV 2021 0530

Check back in each month to see what events we are offering in the Pentagon Courtyard! The Courtyard Series helps promote a healthy work life balance by providing recreation opportunities during the work day. Looking for something specific? Let us know!

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