

PADUCAH RECREATION CENTER

ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Paducah Recreation Center reserves the right to close early due to lack of participation.	The court must be shared with other members who may not want to play full court Pickup games for Open Gyms except for Basketball and Volleyball.	Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs.		1 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	2
3 Volleyball Open Gym 1:30-4:30pm	4 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	5 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-6:20pm Volleyball Open Gym 6:30-9:00pm	6 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	7 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30pm- 6:20pm Volleyball Open Gym 6:30pm-9:00pm	8 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	9
10 Volleyball Open Gym 1:30-4:30pm	11 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	12 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-6:20pm Volleyball Open Gym 6:30-9:00pm	13 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	14 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30pm- 6:20pm Volleyball Open Gym 6:30pm-9:00pm	15 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	16
17 Volleyball Open Gym 1:30-4:30pm	18 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-4:00 Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	19 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-6:20pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	20 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	21 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-6:20pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	22 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	23
24 Volleyball Open Gym 1:30-4:30pm	25 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-4:00 Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	26 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-6:20pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	27 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	28 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-6:20pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	29 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	30
31 Closed						