

# PADUCAH RECREATION CENTER

## ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Paducah Recreation Center reserves the right to close early due to lack of participation.</p>	<p>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.</p>	<p><b>1</b> 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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p><b>2</b> Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>3</b> 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- 6:15pm Volleyball Open Gym 6:30pm-9:00pm</p>	<p><b>4</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p><b>5</b> Closed</p>
<p><b>6</b> Volleyball Open Gym 1:30-4:30pm</p>	<p><b>7</b> Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>8</b> 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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p><b>9</b> Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>10</b> 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- 6:15pm Volleyball Open Gym 6:30pm-9:00pm</p>	<p><b>11</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p><b>12</b> Closed</p>
<p><b>13</b> Volleyball Open Gym 1:30-4:30pm</p>	<p><b>14</b> Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>15</b> 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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p><b>16</b> Tiny Tot Craft Series 9:30-10:30am Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>17</b> 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- 6:15pm Volleyball Open Gym 6:30pm-9:00pm</p>	<p><b>18</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p><b>19</b> Closed</p>
<p><b>20</b> Volleyball Open Gym 1:30-4:30pm</p>	<p><b>21</b> Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>22</b> 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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p><b>23</b> Tiny Tot Craft Series 9:30-10:30am Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>24</b> 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- 6:15pm Volleyball Open Gym 6:30pm-9:00pm</p>	<p><b>25</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p><b>26</b> Closed</p>
<p><b>27</b> Volleyball Open Gym 1:30-4:30pm</p>	<p><b>28</b> Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>29</b> 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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p><b>30</b> Tiny Tot Craft Series 9:30-10:30am Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p><b>31</b> 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- 6:15pm Volleyball Open Gym 6:30pm-9:00pm</p>	<p>Visit <a href="http://www.paducahky.gov/parks-recreation-department">www.paducahky.gov/parks-recreation-department</a> or Call 270-444-8508 for more Information about these or other Paducah Parks &amp; Recreation Programs.</p>	

