

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>1 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</p>	<p>2 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30– 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p>3 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</p>	<p>4 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>5 Youth Futsal League 4:00-7:00pm</p>
<p>6 Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00-8:00pm</p>	<p>7 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</p>	<p>8 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</p>	<p>9 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Schools Out Camp 1:00– 4:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p>10 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</p>	<p>11 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm Schools Out Camp 2:00-4:00</p>	<p>12 Youth Futsal League 4:00-7:00pm</p>
<p>13 Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00-8:00pm</p>	<p>14 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</p>	<p>15 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</p>	<p>16 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30– 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p>17 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</p>	<p>18 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>19 Youth Futsal League 4:00-7:00pm</p>
<p>20 CLOSED</p> 	<p>21 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</p>	<p>22 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</p>	<p>23 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30– 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p>24 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</p>	<p>25 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>26 Youth Futsal League 4:00-7:00pm</p>
<p>27 Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00-8:00pm</p>	<p>28 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</p>	<p>29 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</p>	<p>30 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30– 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p>Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs.</p>		