

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>1 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>2 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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p>3 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>4 CLOSED</p>	<p>5 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm</p>	<p>6 Paducah Plays 9:00am—12:00pm</p>
<p>7 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00-8:00pm</p>	<p>8 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>9 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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p>10 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>11 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>12 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm</p>	<p>13 Paducah Plays 9:00am - 12:00pm</p>
<p>14 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00pm—8:00pm</p>	<p>15 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>16 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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p>17 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>18 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>19 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm</p>	<p>20 Paducah Plays 9:00am - 12:00pm</p>
<p>21 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00pm—8:00pm</p>	<p>22 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>23 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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p>24 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>25 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>26 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm</p>	<p>27 Paducah Plays 9:00am - 12:00pm</p>
<p>28 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00pm—8:00pm</p>	<p>29 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>30 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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm</p>	<p>31 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</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>Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs.</p>	