

PADUCAH RECREATION CENTER

ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Closed	2 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Tiny Tot Basketball 5:30-7:30pm Basketball Open Gym 7:30-9:30pm	3 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	4 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	5 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- 5:00pm Tiny Tot Basketball 5:30-6:30pm Volleyball Open Gym 6:30pm-9:00pm	6 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	7 Closed	
8 Volleyball Open Gym 1:30-4:30pm Adult Futsal 5:00-9:00pm	9 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Tiny Tot Basketball 5:30-7:30pm Basketball Open Gym 7:30-9:30pm	10 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	11 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	12 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- 5:00pm Tiny Tot Basketball 5:30-6:30pm Volleyball Open Gym 6:30pm-9:00pm	13 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	14 Adult Futsal 12:00-2:00pm	
15 Volleyball Open Gym 1:30-4:30pm Adult Futsal 5:00-9:00pm	16 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	17 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	18 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	19 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	20 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	21 Adult Futsal 4:00-9:00pm	
22 Volleyball Open Gym 1:30-4:30pm Adult Futsal 5:00-9:00pm	23 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	24 	25 	26 Closed	27 Closed	28 Closed	
29 Closed	30 Closed	31 	<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>Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more information about these or other Paducah Parks & Recreation Programs.</p>