

Basketball Open Gym

7:30-9:30pm

PADUCAH RECREATION CENTER **ACTIVITIES FOR THE MONTH OF**



Slow Flow Yoga

1:15-2:00pm

Rec Way Practice 5:30-7:20pm

Volleyball Open Gym

7:30pm—9:30pm

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

6:30-9:00pm

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Volleyball Open Gym

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