


PADUCAH RECREATION CENTER

ACTIVITIES FOR THE MONTH OF



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