

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>Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more information about these or other Paducah Parks & Recreation Programs.</p>	<p>1 Closed</p> 	<p>2 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>3 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>4 Closed</p>
<p>5 Volleyball Open Gym 1:30-4:30pm</p>	<p>6 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Rec Way Practice 5:30-7:20pm Basketball Open Gym 7:30-9:30pm</p>	<p>7 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 3:30-5:20pm Rec Way practice 5:30-7:20pm Volleyball Open Gym 7:30-9:30pm</p>	<p>8 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30- 6:30pm 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 Pickleball Open Gym 1:15-3:15pm Open Gym 3:30pm- 5:20pm Rec Way Practice 5:30-7:20pm Volleyball Open Gym 7:30pm-9:30pm</p>	<p>10 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>11 Closed</p>
<p>12 Volleyball Open Gym 1:30-4:30pm Youth Tennis 5:00-7:00pm</p>	<p>13 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Rec Way Practice 5:30-7:20pm Basketball Open Gym 7:30-9:30pm</p>	<p>14 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 3:30-5:20pm Rec Way practice 5:30-7:20pm Volleyball Open Gym 7:30-9:30pm</p>	<p>15 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30- 6:30pm 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 Pickleball Open Gym 1:15-3:15pm Open Gym 3:30pm- 5:20pm Rec Way Practice 5:30-7:20pm Volleyball Open Gym 7:30pm-9:30pm</p>	<p>17 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>18 Rec Way Basketball 9:00am-2:00pm</p>
<p>19 Volleyball Open Gym 1:30-4:30pm Youth Tennis 5:00-7:00pm</p>	<p>20 Closed</p>	<p>21 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 3:30-5:20pm Rec Way practice 5:30-7:20pm Volleyball Open Gym 7:30-9:30pm</p>	<p>22 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30- 6:30pm 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 Pickleball Open Gym 1:15-3:15pm Open Gym 3:30pm- 5:20pm Rec Way Practice 5:30-7:20pm Volleyball Open Gym 7:30pm-9:30pm</p>	<p>24 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm Rec Way Practice 5:30-7:20pm</p>	<p>25 Rec Way Basketball 9:00am-2:00pm</p>
<p>26 Volleyball Open Gym 1:30-4:30pm Youth Tennis 5:00-7:00pm</p>	<p>27 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Rec Way Practice 5:30-7:20pm Basketball Open Gym 7:30-9:30pm</p>	<p>28 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 3:30-5:20pm Rec Way practice 5:30-7:20pm Volleyball Open Gym 7:30-9:30pm</p>	<p>29 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 1:30- 6:30pm 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 Pickleball Open Gym 1:15-3:15pm Open Gym 3:30pm- 5:20pm Rec Way Practice 5:30-7:20pm Volleyball Open Gym 7:30pm-9:30pm</p>	<p>31 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	