


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 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>2 Closed</p>
--	---	---	--	---	--	----------------------------

<p>3 Volleyball Open Gym 1:30-4:30pm Adult Futsal 5:00pm</p>	<p>4 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>5 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 3:30-5:00pm Youth Volleyball 5:30-7:15pm Volleyball Open Gym 7:30-9:30pm</p>	<p>6 Tiny Tot Craft Series 9:30-10:30am 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</p>	<p>7 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>8 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>9 Closed</p>
--	--	--	---	--	--	----------------------------

<p>10 Volleyball Open Gym 1:30-4:30pm Adult Futsal 5:00pm</p>	<p>11 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>12 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 3:30-5:00pm Youth Volleyball 5:30 - 7:15pm Volleyball Open Gym 7:30-9:30pm</p>	<p>13 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:00pm Open Gym 4:30-6:30pm Basketball Open Gym 6:30-9:00pm</p>	<p>14 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>15 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>16 Closed</p>
---	---	---	--	---	---	-----------------------------

<p>17 Volleyball Open Gym 1:30-4:30pm Adult Futsal 5:00pm</p>	<p>18 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</p>	<p>19 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 3:30-5:00pm Youth Volleyball 5:30 - 7:15pm Volleyball Open Gym 7:30-9:30pm</p>	<p>20 Tiny Tot Thanksgiving Celebration 9:30-10:30 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</p>	<p>21 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 5:00-7:30pm Volleyball Open Gym 7:30pm-9:30pm</p>	<p>22 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm</p>	<p>23 Youth Volleyball 9:00-11:00 am</p>
---	--	---	--	--	---	---

<p>24 Volleyball Open Gym 1:30-4:30pm Adult Futsal 5:00pm</p>	<p>25 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</p>	<p>26 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</p>	<p>27 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</p>	<p>28 </p>	<p>29 Closed</p>	<p>30 Closed</p>
---	--	---	--	---	-----------------------------	-----------------------------