

PADUCAH PARKS & RECREATION PADUCAH RECREATION CENTER

ACTIVITIES FOR THE MONTH OF



Friday Monday Saturday Sunday Wednesday **Thursday** Tuesday 3 5 **Paducah Recreation Paducah Plays** Pilates 11:15am - 12:00 pm Fitness Fusion 10:15-11:00am Fitness Fusion 10:15-11:00am Closed The court must be shared Sit And Get Fit Mat Yoga 11:15-12:00pm **Center reserves** Mat Yoga 11:15-12:00pm with other members who 9:00am-12:00pm 12:15-1:00pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm may not want to play full the right to close Open Gym 2:30- 5:00pm Pickleball Open Gym Slow Flow Yoga 2:30-3:15pm court Pickup games for Futsal Open Gym 5:00-6:30pm early due to lack of Open Gym 3:30-6:20pm 1:15-3:15pm **Open Gyms except for Basketball Open Gym** Open Gym 3:30pm- 6:20pm **Volleyball Open Gym** Basketball and Volleyball. participation. 6:30-9:00pm **Volleyball Open Gym** 6:30-9:00pm 6:30pm—9:00pm 11 8 9 10 12 **Paducah Plays** Fitness Fusion 10:15-11:00am **Pilates Tiny Tot Open Gym** Fitness Fusion 10:15-11:00am Pilates 11:15am - 12:00 pm **Volleyball Open** Mat Yoga 11:15-12:00pm Sit And Get Fit Mat Yoga 11:15-12:00pm 9:30-11:30am 11:15-12:00pm 9:00am-12:00pm Gym 1:30-4:30pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm 12:15-1:00pm Chair Yoga 12:15-1:00pm **Chair Yoga** Pickleball Open Gym Slow Flow Yoga 2:30-3:15pm Open Gym 2:30- 5:00pm **Paducah Plays** Open Gym 2:30-5:00pm 12:15-1:00pm Open Gym 3:30-6:20pm Futsal Open Gym 5:00-6:30pm 1:15-3:15pm Futsal Open Gym 5:00-6:30pm 5:00pm—8:00pm Open Gym 3:30pm- 6:20pm **Slow Flow Yoga Basketball Open Gym Volleyball Open Gym Basketball Open Gym** 6:30-9:00pm 6:30-9:00pm **Volleyball Open Gym** 1:15-2:00pm 6:30-9:00pm 6:30pm—9:00pm 15 18 19 13 14 16 17 **Paducah Plays** Pilates 11:15am - 12:00 pm Fitness Fusion 10:15-11:00am **Pilates** Fitness Fusion 10:15-11:00am **Volleyball Open Tiny Tot Open Gym** Sit And Get Fit Mat Yoga 11:15-12:00pm Mat Yoga 11:15-12:00pm 9:30-11:30am 11:15-12:00pm 9:00am-12:00pm Gym 1:30-4:30pm 12:15-1:00pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm **Chair Yoga** Open Gym 2:30- 5:00pm Pickleball Open Gym Slow Flow Yoga 2:30-3:15pm **Paducah Plays** Open Gym 2:30-5:00pm Futsal Open Gym 5:00-6:30pm 12:15-1:00pm 1:15-3:15pm Open Gym 3:30-6:20pm Futsal Open Gym 5:00-6:30pm 5:00pm—8:00pm **Basketball Open Gym** Open Gym 3:30pm- 6:20pm Volleyball Open Gym **Slow Flow Yoga Basketball Open Gym** 6:30-9:00pm **Volleyball Open Gym** 6:30-9:00pm 1:15-2:00pm 6:30-9:00pm 6:30pm—9:00pm 25 26 20 21 22 23 24 Pilates 11:15am - 12:00 pm **Paducah Plays** Fitness Fusion 10:15-11:00am Fitness Fusion 10:15-11:00am **Pilates Tiny Tot Open Gym Volleyball Open** Sit And Get Fit Mat Yoga 11:15-12:00pm Mat Yoga 11:15-12:00pm 9:30-11:30am 11:15-12:00pm 9:00am-12:00pm Gym 1:30-4:30pm 12:15-1:00pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm **Chair Yoga** Open Gym 2:30- 5:00pm Slow Flow Yoga 2:30-3:15pm Pickleball Open Gym **Paducah Plays** Open Gym 2:30-5:00pm 12:15-1:00pm Futsal Open Gym 5:00-6:30pm Open Gym 3:30-6:20pm 1:15-3:15pm Futsal Open Gym 5:00-6:30pm 5:00pm-8:00pm **Basketball Open Gym** Volleyball Open Gym Open Gym 3:30pm- 6:20pm **Slow Flow Yoga Basketball Open Gym** 6:30-9:00pm 6:30-9:00pm **Volleyball Open Gym** 1:15-2:00pm 6:30-9:00pm 6:30pm—9:00pm 27 28 29 30 Fitness Fusion 10:15-11:00am Visit www.paducahky.gov/parks-**Tiny Tot Open Gym** Pilates 11:15am - 12:00 pm **Fitness Fusion 10:15-11:00am** Mat Yoga 11:15-12:00pm recreation-department or Mat Yoga 11:15-12:00pm 9:30-11:30am Sit And Get Fit Gym 1:30-4:30pm Chair Yoga 12:15-1:00pm 12:15-1:00pm Chair Yoga 12:15-1:00pm

Volleyball Open Paducah Plays

5:00pm—8:00pm

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

Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-6:20pm **Volleyball Open Gym** 6:30-9:00pm

Open Gym 2:30- 5:00pm Futsal Open Gym 5:00-6:30pm **Basketball Open Gym** 6:30-9:00pm

Pickleball Open Gym 1:15-3:15pm Open Gym 3:30pm- 6:20pm Volleyball Open Gym 6:30pm—9:00pm

Call 270-444-8508 for more Information about these or other **Paducah Parks & Recreation** Programs.