


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.	1 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	2 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	3 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	4 Closed 	5 Paducah Plays 9:00am-12:00pm
6 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00pm—8:00pm	7 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	8 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	9 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	10 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	11 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	12 Paducah Plays 9:00am-12:00pm
13 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00pm—8:00pm	14 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	15 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	16 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	17 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	18 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	19 Paducah Plays 9:00am-12:00pm
20 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00pm—8:00pm	21 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	22 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	23 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	24 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	25 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	26 Paducah Plays 9:00am-12:00pm
27 Volleyball Open Gym 1:30-4:30pm Paducah Plays 5:00pm—8:00pm	28 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	29 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	30 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	31 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	Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs.	