



AUGUST 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walking Club-11:00am-12:00 pm Open Gym - 12:00 - 7:00pm Tai Chi/Yoga - 12:05 - 12:50pm Basketball Open Gym - 7:00 - 10:00pm	2 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45 am - 11:30 am Chair Yoga - 11:45 - 12:30pm Open Gym - 12:00 - 6:15pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15 pm Futsal Open Gym - 6:30-10:00pm	3 Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Open Gym - 12:00 - 7:00pm Mat Yoga - 12:05 - 12:50pm Zumba - 5:15 - 6:15 pm Basketball Open Gym - 7:00-10:00pm	4 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45am - 11:30am Walking Club- 11:30 am - 12:00 pm Open Gym - 12:00 - 6:15pm Volleyball Open Gym - 6:30-10:00pm	5 Open Gym - 12:00 - 6:00pm Dancercise- 12:05 -12:50pm Chair Yoga - 1:00 - 1:45pm	6 CLOSED
7 Volleyball Open Gym - 1:30 - 5:00pm	8 Walking Club-11:00am-12:00 pm Tai Chi/Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Basketball Open Gym - 7:00 - 10:00pm	9 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45 am - 11:30 am Chair Yoga - 11:45 - 12:30pm Open Gym - 2:30 - 6:15pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15 pm Futsal Open Gym - 6:30-10:00pm	10 Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Mat Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Zumba - 5:15 - 6:15 pm Basketball Open Gym - 7:00-10:00pm	11 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45am - 11:30am Walking Club- 11:30 - 12:30 pm Open Gym - 2:30 - 6:15pm Volleyball Open Gym - 6:30-10:00pm	12 Dancercise- 12:05 -12:50pm Chair Yoga - 1:00 - 1:45pm Walking Club-1:45 - 2:30 pm Open Gym - 2:30 - 6:00pm	13 CLOSED
14 Volleyball Open Gym - 1:30 - 5:00pm	15 Walking Club-11:00am-12:00 pm Tai Chi/Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Basketball Open Gym - 7:00 - 10:00pm	16 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45 am - 11:30 am Chair Yoga - 11:45 - 12:30pm Open Gym - 2:30 - 6:15pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15 pm Futsal Open Gym - 6:30-10:00pm	17 Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Mat Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Zumba - 5:15 - 6:15 pm Basketball Open Gym - 7:00-10:00pm	18 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45am - 11:30am Walking Club- 11:30 - 12:30 pm Open Gym - 2:30 - 6:15pm Volleyball Open Gym - 6:30-10:00pm	19 Dancercise- 12:05 -12:50pm Chair Yoga - 1:00 - 1:45pm Walking Club-1:45 - 2:30 pm Open Gym - 2:30 - 6:00pm	20 CLOSED
21 Volleyball Open Gym - 1:30 - 5:00pm	22 Walking Club-11:00am-12:00 pm Tai Chi/Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Basketball Open Gym - 7:00 - 10:00pm	23 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45 am - 11:30 am Chair Yoga - 11:45 - 12:30pm Open Gym - 2:30 - 6:15pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15 pm Futsal Open Gym - 6:30-10:00pm	24 Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Mat Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Zumba - 5:15 - 6:15 pm Basketball Open Gym - 7:00-10:00pm	25 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45am - 11:30am Walking Club- 11:30 - 12:30 pm Open Gym - 2:30 - 6:15pm Volleyball Open Gym - 6:30-10:00pm	26 Dancercise- 12:05 -12:50pm Chair Yoga - 1:00 - 1:45pm Walking Club-1:45 - 2:30 pm Open Gym - 2:30 - 6:00pm	27 CLOSED
28 Volleyball Open Gym - 1:30 - 5:00pm	29 Walking Club-11:00am-12:00 pm Tai Chi/Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Basketball Open Gym - 7:00 - 10:00pm	30 Dance and Tone - 9:45 - 10:30 am Mat Yoga - 10:45 am - 11:30 am Chair Yoga - 11:45 - 12:30pm Open Gym - 2:30 - 6:15pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15 pm Futsal Open Gym - 6:30-10:00pm	31 Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Mat Yoga - 12:05 - 12:50pm Open Gym - 2:30 - 7:00pm Zumba - 5:15 - 6:15 pm Basketball Open Gym - 7:00-10:00pm			

PADUCAH PARKS RESERVES THE RIGHT TO CLOSE EARLY DUE TO LACK OF PARTICIPATION. FOR MORE INFO PLEASE CALL 444-8508.