



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**PADUCAH RECREATION CENTER RESERVES THE RIGHT TO CLOSE EARLY
DUE TO LACK OF PARTICIPATION.
FOR MORE INFO PLEASE CALL 270-444-8508 OR VISIT
www.paducahky.gov/parks-recreation-department**

1
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm

2
REC Way Basketball Games - 9:00am - 2:00pm

3
CLOSED

4
Walking Club - 11:30am - 12:00pm
Chair Chi Yoga - 12:15 - 1:00pm
PTHS Freshman Basketball Team - 2:30 - 4:15pm
Open Gym - 4:15 - 5:30pm
REC Way Practices - 5:30 - 7:30pm
Basketball Open Gym-7:30-10:00pm

5
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
PTHS Freshman Basketball Team - 2:30 - 4:15pm
Open Gym - 4:15 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
REC Way Practices - 6:15 - 8:15pm

6
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Basketball Open Gym - 6:30-10:00pm

7
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
PTHS Freshman Basketball Team - 2:30 - 4:15pm
Open Gym - 4:15 - 5:15pm
Mid-East Dance - 5:15 - 6:15pm
REC Way Practices - 6:15 - 7:15pm
Volleyball Open Gym - 7:30-10:00pm

8
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm

9
REC Way Basketball Games - 9:00am - 2:00pm

10
Volleyball Open Gym - 1:30 - 4:30pm

11
Walking Club - 11:30am - 12:00pm
Chair Chi Yoga - 12:15 - 1:00pm
PTHS Freshman Basketball Team - 2:30 - 4:15pm
Open Gym - 4:30 - 6:30pm
Basketball Open Gym-6:30-10:00pm

12
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
PTHS Freshman Basketball Team - 2:30 - 4:15pm
Open Gym - 4:15 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Youth Night: Basketball - 6:30 - 8:30pm

13
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Basketball Open Gym - 6:30-10:00pm

14
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
PTHS Freshman Basketball Team - 2:30 - 4:15pm
Open Gym - 4:15 - 5:15pm
Mid-East Dance - 5:15 - 6:15pm
Volleyball Open Gym - 6:30-10:00pm

15
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm

16
CLOSED

17
Volleyball Open Gym - 1:30 - 4:30pm

18
Walking Club - 11:30am - 12:00pm
Chair Chi Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 6:30pm
Basketball Open Gym-6:30-10:00pm

19
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Youth Night: Dodgeball - 6:30 - 8:30pm

20
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Basketball Open Gym - 6:30-10:00pm

21
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Mid-East Dance - 5:15 - 6:15pm
Volleyball Open Gym - 6:30 - 10:00pm

22
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm

23
CLOSED

24
Volleyball Open Gym - 1:30 - 4:30pm

25
Walking Club - 11:30am - 12:00pm
Chair Chi Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 6:30pm
Basketball Open Gym-6:30-10:00pm

26
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Youth Night: Basketball - 6:30 - 8:30pm

27
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Basketball Open Gym - 6:30-10:00pm

28
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm
Mid-East Dance - 5:15 - 6:15pm
Volleyball Open Gym - 6:30 - 10:00pm