

JANUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED	3 Chair Yoga: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm REC Way Practices: 5:30 - 7:30pm Basketball Open Gym: 7:30-9:30pm	4 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga: 12:15 - 1:00pm Open Gym: 2:30 - 5:15pm REC Way Practices: 5:30 - 7:30pm SharQui - 5:30 - 6:15pm (CR) Open Gym: 7:30 - 9:00pm	5 Walking Club: 11:30am - 12:00pm Tai Chi/Yoga Fusion: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm Booty Jam: 5:15 - 6:15pm Basketball Open Gym - 6:30 - 9:00pm	6 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga : 12:15 - 1:00pm PTHS Freshman Team - 2:30 - 4:15pm Mid-East Dance - 5:15 - 6:15pm (CR) REC Way Practices: 5:30 - 7:30pm SharQui - 6:15 - 7:15pm (CR) Volleyball Open Gym - 7:30 - 9:30pm	7 Chair Yoga : 12:15 - 1:00pm	8 CLOSED
9 Volleyball Open Gym - 1:30 - 4:30pm	10 Chair Yoga: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm REC Way Practices: 5:30 - 7:30pm Basketball Open Gym: 7:30-9:30pm	11 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga: 12:15 - 1:00pm Open Gym: 2:30 - 5:15pm REC Way Practices: 5:30 - 7:30pm SharQui - 5:30 - 6:15pm (CR) Open Gym: 7:30 - 9:00pm	12 Walking Club: 11:30am - 12:00pm Tai Chi/Yoga Fusion: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm Booty Jam: 5:15 - 6:15pm Basketball Open Gym - 6:30 - 9:00pm	13 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga : 12:15 - 1:00pm PTHS Freshman Team - 2:30 - 4:15pm Mid-East Dance - 5:15 - 6:15pm (CR) REC Way Practices: 5:30 - 7:30pm SharQui - 6:15 - 7:15pm (CR) Volleyball Open Gym - 7:30 - 9:30pm	14 Chair Yoga : 12:15 - 1:00pm Intro to Yoga Meditation: 1:15 - 2:00pm	15 CLOSED
16 Volleyball Open Gym - 1:30 - 4:30pm	17 CLOSED - Martin Luther King Jr. Day	18 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga: 12:15 - 1:00pm Open Gym: 2:30 - 5:15pm REC Way Practices: 5:30 - 7:30pm SharQui - 5:30 - 6:15pm (CR) Open Gym: 7:30 - 9:00pm	19 Walking Club: 11:30am - 12:00pm Tai Chi/Yoga Fusion: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm Booty Jam: 5:15 - 6:15pm Basketball Open Gym - 6:30 - 9:00pm	20 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga : 12:15 - 1:00pm PTHS Freshman Team - 2:30 - 4:15pm Mid-East Dance - 5:15 - 6:15pm (CR) REC Way Practices: 5:30 - 7:30pm SharQui - 6:15 - 7:15pm (CR) Volleyball Open Gym - 7:30 - 9:30pm	21 Chair Yoga : 12:15 - 1:00pm	22 REC Way Games: 9:00am - 2:00pm
23 Volleyball Open Gym - 1:30 - 4:30pm	24 Chair Yoga: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm REC Way Practices: 5:30 - 7:30pm Basketball Open Gym: 7:30-9:30pm	25 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga: 12:15 - 1:00pm Open Gym: 2:30 - 5:15pm REC Way Practices: 5:30 - 7:30pm SharQui - 5:30 - 6:15pm (CR) Open Gym: 7:30 - 9:00pm	26 Walking Club: 11:30am - 12:00pm Tai Chi/Yoga Fusion: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm Booty Jam: 5:15 - 6:15pm Basketball Open Gym - 6:30 - 9:00pm	27 Fitness Fusion: 10:00 - 10:45am Mat Yoga: 11:00am - 12:00pm Chair Yoga : 12:15 - 1:00pm PTHS Freshman Team - 2:30 - 4:15pm Mid-East Dance - 5:15 - 6:15pm (CR) REC Way Practices: 5:30 - 7:30pm SharQui - 6:15 - 7:15pm (CR) Volleyball Open Gym - 7:30 - 9:30pm	28 Chair Yoga : 12:15 - 1:00pm	29 REC Way Games: 9:00am - 2:00pm
30 Volleyball Open Gym - 1:30 - 4:30pm	31 Chair Yoga: 12:15 - 1:00pm PTHS Freshman Basketball Team: 2:30 - 4:15pm REC Way Practices: 5:30 - 7:30pm Basketball Open Gym: 7:30-9:30pm					

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