



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
CLOSED

2
Volleyball Open Gym -
1:30 - 4:30pm

3
Walking Club - 11:30am - 12:00pm
Chair Chi Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Super Soul Fitness: 5:15-6:15pm
Basketball Open Gym-6:30-10:00pm

4
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Open Gym - 6:30 - 9:00pm

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

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

7
Walking Club - 11:30am -
12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm

8
CLOSED

9
Volleyball Open Gym -
1:30 - 4:30pm

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

11
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Open Gym - 6:30 - 9:00pm

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

13
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Mid-East Dance - 5:15 - 6:15pm
Volleyball Open Gym - 6:30 - 10:00pm

14
Walking Club - 11:30am -
12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm

15
CLOSED

16
CLOSED
FATHER'S DAY

17
Walking Club - 11:30am - 12:00pm
Chair Chi Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Super Soul Fitness: 5:15-6:15pm
Basketball Open Gym-6:30-10:00pm

18
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Open Gym - 6:30 - 9:00pm

19
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Booty Jam 5:15-6:15pm
Basketball Open Gym - 6:30-10:00pm

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

21
Walking Club - 11:30am -
12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm

22
CLOSED

23
Volleyball Open Gym -
1:30 - 4:30pm

24
Walking Club - 11:30am - 12:00pm
Chair Chi Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Super Soul Fitness: 5:15-6:15pm
Basketball Open Gym-6:30-10:00pm

25
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Funky Fitness - 5:15 - 6:15pm
Open Gym - 6:30 - 9:00pm

26
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Booty Jam - 5:15-6:15pm
Basketball Open Gym - 6:30-10:00pm

27
Sculpt and Tone - 10:45 - 11:15am
Mat Yoga - 11:20am - 12:05pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm
Mid-East Dance - 5:15 - 6:15pm
Volleyball Open Gym - 6:30 - 10:00pm

28
Walking Club - 11:30am -
12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 1:00 - 5:15pm

29
CLOSED

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