

# PADUCAH RECREATION CENTER MARCH 2019



PADUCAH PARKS & RECREATION  
ALWAYS SOMETHING TO DO!

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](http://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  
EAA Volleyball- 6:30-8:30pm

**2**  
**CLOSED**

**3**  
Volleyball Open Gym - 1:30 - 4:30pm

**4**  
Walking Club - 11:30am - 12:00pm  
Chair Chi Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 4:15pm  
EAA Volleyball - 4:30 - 6:30pm  
Basketball Open Gym-6:30-10:00pm

**5**  
Sculpt and Tone - 10:45 - 11:15am  
Mat Yoga - 11:20am - 12:05pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 6:15pm  
EAA Volleyball - 6:30 - 8:30pm

**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  
Open Gym - 2:30 - 4:15pm  
EAA Volleyball - 4:30 - 6:30pm  
Mid-East Dance - 5:15 - 6:15pm  
Volleyball Open Gym - 6:30 - 10:00pm

**8**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm  
EAA Volleyball- 6:30-8:30pm

**9**  
**CLOSED**

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

**11**  
Walking Club - 11:30am - 12:00pm  
Chair Chi Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 4:15pm  
EAA Volleyball - 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  
Open Gym - 2:30 - 5:15pm  
Funky Fitness - 5:15 - 6:15pm  
EAA Volleyball - 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  
Open Gym - 2:30 - 4:15pm  
EAA Volleyball - 4:30 - 6:30pm  
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  
EAA Volleyball- 6:30-8:30pm

**16**  
**CLOSED**  
Grace Covenant  
Presbyterian Church  
Reservation

**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 - 4:15pm  
EAA Volleyball - 4:30 - 6:30pm  
Adult Softball Meeting - 6:30-7:30pm  
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  
EAA Volleyball - 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 - 4:15pm  
EAA Volleyball - 4:30 - 6:30pm  
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  
EAA Volleyball- 6:30-8:30pm

**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 - 4:15pm  
EAA Volleyball - 4:30 - 6:30pm  
Basketball Open Gym-6:30-10:00pm

**31**  
Volleyball Open Gym - 1:30 - 4:30pm

**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  
EAA Volleyball - 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 - 4:15pm  
EAA Volleyball - 4:30 - 6:30pm  
Mid-East Dance - 5:15 - 6:15pm  
Volleyball Open Gym - 6:30 - 10:00pm

**29**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm  
EAA Volleyball- 6:30-8:30pm

**30**  
**CLOSED**