

PADUCAH RECREATION CENTER

# MAY 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  
Funky Fitness - 5:15 - 6:15pm  
Basketball Open Gym - 6:30-10:00pm

**2**  
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

**3**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm

**4**  
**CLOSED**

**5**  
Volleyball Open Gym - 1:30 - 4:30pm

**6**  
Walking Club - 11:30am - 12:00pm  
Chair Chi Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm  
Super Soul 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 - 9:00pm

**8**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 6:30pm  
Basketball Open Gym - 6:30-10:00pm

**9**  
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

**10**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm

**11**  
**CLOSED**

**12**  
**CLOSED**  
**MOTHER'S DAY**

**13**  
Walking Club - 11:30am - 12:00pm  
Chair Chi Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm  
Super Soul 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 - 5:15pm  
Funky Fitness - 5:15 - 6:15pm  
Open Gym - 6:30 - 9:00pm

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

**16**  
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

**17**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm

**18**  
**CLOSED**

**19**  
Volleyball Open Gym - 1:30 - 4:30pm

**20**  
Walking Club - 11:30am - 12:00pm  
Chair Chi Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 5:15pm  
Super Soul 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  
Funky Fitness - 5:15 - 6:15pm  
Open Gym - 6:30 - 9:00pm

**22**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 2:30 - 6:30pm  
Basketball Open Gym - 6:30-10:00pm

**23**  
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

**24**  
Open Gym - 2:30 - 5:15pm

**25**  
**CLOSED**

**26**  
**CLOSED**

**27**  
**CLOSED**

**28**  
Open Gym - 1:00 - 5:15pm  
Funky Fitness - 5:15 - 6:15pm  
Open Gym - 6:30 - 9:00pm

**29**  
Open Gym - 1:00 - 6:30pm  
Basketball Open Gym - 6:30-10:00pm

**30**  
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

**31**  
Walking Club - 11:30am - 12:00pm  
Chair Yoga - 12:15 - 1:00pm  
Open Gym - 1:00 - 5:15pm

