



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
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

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

3
CLOSED

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

5
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

6
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
Futsal Open Gym - 6:30 - 10:00pm

7
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

8
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

9
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm

10
CLOSED

11
Volleyball Open Gym - 1:30 - 4:30pm

12
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

13
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 - 6:00pm
REC Way Basketball Clinic - 6:00 - 9:00pm

14
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

15
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

16
Walking Club - 11:30am - 12:00pm
Chair Yoga - 12:15 - 1:00pm
Open Gym - 2:30 - 5:15pm

17
CLOSED

18
Volleyball Open Gym - 1:30 - 3:45pm
Margaret Hank Presbyterian Church - 4:00 - 8:00pm

19
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

20
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
Futsal Open Gym - 6:30 - 10:00pm

21
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

22
CLOSED



23
CLOSED

24
CLOSED

25
CLOSED

26
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

27
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 - 6:00pm
REC Way Basketball Clinic - 6:00 - 9:00pm

28
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

29
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

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