



OCTOBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Volleyball Open Gym - 1:30 - 5:00pm	3 Mat Yoga - 9:45 am - 10:30am Zumba - 10:30 - 11:30am Walking Club-11:30am-12:00pm Open Gym - 12:00 - 6:30pm Tai Chi/Yoga - 12:15 - 1:00pm Basketball Open Gym - 6:30 - 10:00pm	4 Dance and Tone - 10:15 - 11:00am Mat Yoga - 11:15am - 12:00pm Open Gym - 12:00 - 5:00pm Chair Yoga - 12:15 - 1:00pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15pm Futsal Open Gym - 6:30-10:00pm	5 Mat Yoga - 9:45 - 10:30pm Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Open Gym - 12:00 - 5:00pm Chair Yoga - 12:15 - 1:00pm Zumba - 5:15 - 6:15pm Basketball Open Gym - 6:30-10:00pm	6 CLOSED Re-Painting Floor Lines	7 CLOSED Re-Painting Floor Lines	1 CLOSED <hr/> 8 CLOSED
9 CLOSED	10 Mat Yoga - 9:45 am - 10:30am Zumba - 10:30 - 11:30am Walking Club-11:30am-12:15pm Tai Chi/Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Basketball Open Gym - 6:30 - 10:00pm	11 Dance and Tone - 10:15 - 11:00am Mat Yoga - 11:15am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:00pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15pm Futsal Open Gym - 6:30-10:00pm	12 Mat Yoga - 9:45 - 10:30pm Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:00pm Zumba - 5:15 - 6:15pm Basketball Open Gym - 6:30-10:00pm	13 Dance and Tone - 10:15 - 11:00am Mat Yoga - 11:15am - 12:00pm Walking Club- 12:00 - 1:00pm Open Gym - 2:30 - 6:15pm Chair Yoga - 4:15 - 5:00pm Volleyball Open Gym - 6:30-10:00pm	14 Dancercise- 9:45 -10:30am Chair Yoga - 12:15 - 1:00pm Walking Club-1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	15 CLOSED
16 Volleyball Open Gym - 1:30 - 5:00pm	17 Mat Yoga - 9:45 am - 10:30am Zumba - 10:30 - 11:30am Walking Club-11:30am-12:15pm Tai Chi/Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Basketball Open Gym - 6:30 - 10:00pm	18 Dance and Tone - 10:15 - 11:00am Mat Yoga - 11:15am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:00pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15pm Futsal Open Gym - 6:30-10:00pm	19 Mat Yoga - 9:45 - 10:30pm Mid-East Dance - 10:30 - 11:30am Walking Club- 11:15 am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:00pm Zumba - 5:15 - 6:15pm Basketball Open Gym - 6:30-10:00pm	20 Dance and Tone - 10:15 - 11:00am Mat Yoga - 11:15am - 12:00pm Walking Club- 12:00 - 1:00pm Open Gym - 2:30 - 6:15pm Chair Yoga - 4:15 - 5:00pm Volleyball Open Gym - 6:30-10:00pm	21 Dancercise- 9:45 -10:30am Chair Yoga - 12:15 - 1:00pm Walking Club-1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	22 CLOSED
23 Volleyball Open Gym - 1:30 - 5:00pm	24 Mat Yoga - 9:45 am - 10:30am Zumba - 10:30 - 11:30am Walking Club-11:30am-12:15pm Tai Chi/Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Basketball Open Gym - 6:30 - 10:00pm	25 Dance and Tone - 10:15 - 11:00am Mat Yoga - 11:15am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:00pm Sit and Get Fit - 4:15 - 5:00pm Zumba - 5:15 - 6:15pm Futsal Open Gym - 6:30-10:00pm	26 Youth LEAD Retreat - 10:00am - 1:30pm Mid-East Dance - 10:30 - 11:30am Open Gym - 2:30 - 5:00pm Zumba - 5:15 - 6:15pm Basketball Open Gym - 6:30-10:00pm	27 Dance and Tone - 10:15 - 11:00am Mat Yoga - 11:15am - 12:00pm Walking Club- 12:00 - 1:00pm Open Gym - 2:30 - 6:15pm Chair Yoga - 4:15 - 5:00pm Volleyball Open Gym - 6:30-10:00pm	28 Dancercise- 9:45 -10:30am Chair Yoga - 12:15 - 1:00pm Walking Club-1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	29 CLOSED
30 Volleyball Open Gym - 1:30 - 5:00pm	31 Mat Yoga - 9:45 am - 10:30am Zumba - 10:30 - 11:30am Walking Club-11:30am-12:15pm Tai Chi/Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Basketball Open Gym - 6:30 - 10:00pm	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>PADUCAH PARKS SERVICES RESERVES THE RIGHT TO CLOSE EARLY DUE TO LACK OF PARTICIPATION. FOR MORE INFO PLEASE CALL 444-8508.</p> </div>				