

OCTOBER 2020



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

FOR MORE INFO PLEASE CALL 270-444-8508 OR VISIT
www.paducahky.gov/parks-recreation-department
PADUCAH RECREATION CENTER RESERVES THE RIGHT TO CLOSE
EARLY DUE TO LACK OF PARTICIPATION.

					1 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	2		3 CLOSED
4 CLOSED	5 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	6 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	7 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm Performance Troupe - 6:30 - 7:30pm	8 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	9			10 CLOSED
11 CLOSED	12 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	13 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	14 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm Performance Troupe - 6:30 - 7:30pm	15 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	16			17 CLOSED
18 CLOSED	19 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	20 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	21 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm Performance Troupe - 6:30 - 7:30pm	22 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	23			24 CLOSED
25 CLOSED	26 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	27 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	28 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm Performance Troupe - 6:30 - 7:30pm	29 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	30			31 CLOSED