



SEPTEMBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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PADUCAH PARKS SERVICES RESERVES THE RIGHT TO CLOSE EARLY DUE TO LACK OF PARTICIPATION. FOR MORE INFO PLEASE CALL 444-8508.

				1 Open Gym - 2:30 - 6:15pm Volleyball Open Gym - 6:30-10:00pm	2 Walking Club-1:30 - 2:30pm Open Gym - 2:30 - 6:00pm	3 CLOSED
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4 CLOSED	5 CLOSED LABOR DAY	6 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	7 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 - 6:15 pm Basketball Open Gym - 6:30-10:00pm	8 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	9 Dancercise- 9:45 -10:30am Chair Yoga - 12:15 - 1:00pm Walking Club-1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	10 CLOSED
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11 Volleyball Open Gym - 1:30 - 5:00pm	12 Mat Yoga - 9:45 am - 10:30am Walking Club-10:30am-12:00pm Tai Chi/Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Basketball Open Gym - 6:30 - 10:00pm	13 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	14 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 - 6:15 pm Basketball Open Gym - 6:30-10:00pm	15 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	16 Dancercise- 9:45 -10:30am Chair Yoga - 12:15 - 1:00pm Walking Club-1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	17 CLOSED
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18 Volleyball Open Gym - 1:30 - 5:00pm	19 Mat Yoga - 9:45 am - 10:30am Walking Club-10:30am-12:00pm Tai Chi/Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Basketball Open Gym - 6:30 - 10:00pm	20 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	21 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 - 6:15 pm Basketball Open Gym - 6:30-10:00pm	22 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	23 Dancercise- 9:45 -10:30am Chair Yoga - 12:15 - 1:00pm Walking Club-1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	24 CLOSED
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25 Margaret Hank Memorial Cumberland Presbyterian Church - 10:30 am - 2:00pm Volleyball Open Gym - 2:00 - 5:00pm	26 Mat Yoga - 9:45 am - 10:30am Walking Club-10:30am-12:00pm Tai Chi/Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Basketball Open Gym - 6:30 - 10:00pm	27 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	28 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 - 6:15 pm Basketball Open Gym - 6:30-10:00pm	29 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	30 Dancercise- 9:45 -10:30am Chair Yoga - 12:15 - 1:00pm Walking Club-1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	
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