

SEPTEMBER 2019



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>1 CLOSED</p>	<p>2 CLOSED LABOR DAY</p>	<p>3 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 Super Soul Fitness: 5:15 - 6:15pm Open Gym - 6:15 - 9:00pm</p>	<p>4 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm Booty Jam 5:15 - 6:15pm Basketball Open Gym - 6:15-9:00pm</p>	<p>5 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 - 6:15 - 9:00pm</p>	<p>6 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm</p>	<p>7 CLOSED</p>
<p>8 Volleyball Open Gym - 1:30 - 4:30pm Yoga for Toddlers - 2:00 - 3:00pm Yoga for Kids - 3:00 - 4:00pm</p>	<p>9 Walking Club - 11:30am - 12:00pm Chair Chi Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:15pm Basketball Open Gym- 6:15-9:00pm</p>	<p>10 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 Super Soul Fitness: 5:15 - 6:15pm Open Gym - 6:15 - 9:00pm</p>	<p>11 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm Booty Jam 5:15 - 6:15pm Basketball Open Gym - 6:15-9:00pm</p>	<p>12 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 - 6:15 - 9:00pm</p>	<p>13 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm</p>	<p>14 CLOSED</p>
<p>15 Volleyball Open Gym - 1:30 - 4:30pm Yoga for Toddlers - 2:00 - 3:00pm Yoga for Kids - 3:00 - 4:00pm</p>	<p>16 Walking Club - 11:30am - 12:00pm Chair Chi Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:15pm Basketball Open Gym-6:15-9:00pm</p>	<p>17 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 Super Soul Fitness: 5:15 - 6:15pm Open Gym - 6:15 - 9:00pm</p>	<p>18 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm Booty Jam 5:15 - 6:15pm Basketball Open Gym - 6:15-9:00pm</p>	<p>19 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 - 6:15 - 9:00pm</p>	<p>20 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm</p>	<p>21 CLOSED</p>
<p>22 Volleyball Open Gym - 1:30 - 4:30pm Yoga for Toddlers - 2:00 - 3:00pm Yoga for Kids - 3:00 - 4:00pm</p>	<p>23 Walking Club - 11:30am - 12:00pm Chair Chi Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:15pm Basketball Open Gym-6:15-9:00pm</p>	<p>24 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 Super Soul Fitness: 5:15 - 6:15pm Open Gym - 6:15 - 9:00pm</p>	<p>25 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm Booty Jam 5:15 - 6:15pm Basketball Open Gym - 6:15-9:00pm</p>	<p>26 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 - 6:15 - 9:00pm</p>	<p>27 Walking Club - 11:30am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 5:15pm</p>	<p>28 CLOSED</p>
<p>29 Rage Yoga - 12:00 - 1:00pm Volleyball Open Gym - 1:30 - 4:30pm Yoga for Toddlers - 2:00 - 3:00pm Yoga for Kids - 3:00 - 4:00pm</p>	<p>30 Walking Club - 11:30am - 12:00pm Chair Chi Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:15pm Basketball Open Gym-6:15-9:00pm</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>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</p> </div>				