

PADUCAH RECREATION CENTER

ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paducah Recreation Center reserves the right to close early due to lack of participation.	The court must be shared with other members who may not want to play full court Pickup games for Open Gyms except for Basketball and Volleyball.	Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs.	1 Pilates 11:15am-12:00 pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	2 Music & Movement 9:30-10:15am Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:30pm Music & Movement 6:30-7:15pm Volleyball Open Gym 7:00-9:30pm	3 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	4 TinkerLab 10:00-11:00am
5 Volleyball Open Gym 1:30- 4:30pm	6 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	7 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	8 Pilates 11:15am-12:00 pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	9 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	10 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	11 TinkerLab 10:00-11:00am
12 Volleyball Open Gym 1:30- 4:30pm	13 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	14 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	15 Pilates 11:15am - 12:00pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	16 Music & Movement 9:30-10:15am Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:30pm Music & Movement 6:30-7:15pm Volleyball Open Gym 7:00-9:30pm	17 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	18
19 Volleyball Open Gym 1:30- 4:30pm	20 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	21 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Morgan Afterschool 3:45-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	22 Pilates 11:15am-12:00 pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	23 Music & Movement 9:30-10:15am Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:30pm Music & Movement 6:30-7:15pm Volleyball Open Gym 7:00-9:30pm	24 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	25
26 Volleyball Open Gym 1:30- 4:30pm	27 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	28 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	29 Pilates 11:15am-12:00pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	30 Music & Movement 9:30-10:15am Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:30pm Music & Movement 6:30-7:15pm Volleyball Open Gym 7:00-9:30pm	31 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	