



PADUCAH RECREATION CENTER

ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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1 CLOSED	2 CLOSED LABOR DAY 	3 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 Family Open Gym 3:30-5:20pm Volleyball Open Gym 6:30-9:00pm	4 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm	5 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 3:30pm- 6:15pm Volleyball Open Gym 6:30pm-9:00pm	6 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	7 Closed
8 Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00pm	9 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm	10 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 Family Open Gym 3:30-5:20pm Volleyball Open Gym 6:30-9:00pm	11 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm	12 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 3:30pm- 6:15pm Volleyball Open Gym 6:30pm-9:00pm	13 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	14 Closed
15 Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00pm	16 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm	17 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 Family Open Gym 3:30-5:20pm Volleyball Open Gym 6:30-9:00pm	18 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm	19 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 3:30pm- 6:15pm Volleyball Open Gym 6:30pm-9:00pm	20 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm Parents Night Out 6:00pm-9:00pm	21 Closed
22 Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00pm	23 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm	24 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 Family Open Gym 3:30-5:20pm Volleyball Open Gym 6:30-9:00pm	25 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Open Gym 3:30-6:30pm Basketball Open Gym 6:30-9:00pm	26 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 3:30pm- 6:15pm Volleyball Open Gym 6:30pm-9:00pm	27 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	28 Closed
29 Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00pm	30 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:15pm Basketball Open Gym 6:30-9:00pm	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.	