

# 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 <a href="http://www.paducahky.gov/parks-recreation-department">www.paducahky.gov/parks-recreation-department</a> or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs.		<b>1</b> 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- 6:20pm Volleyball Open Gym 6:30pm-9:00pm	<b>2</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>3</b> Youth Futsal League 4:00-7:00pm
<b>4</b> Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00-8:00pm	<b>5</b> Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	<b>6</b> 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 3:30-6:20pm Volleyball Open Gym 6:30-9:00pm	<b>7</b> Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	<b>8</b> 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- 6:20pm Volleyball Open Gym 6:30pm-9:00pm	<b>9</b> Tiny Tot Mothers Day Celebration 9:30 AM Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>10</b> Youth Futsal League 4:00-7:00pm
<b>11</b> Volleyball Open Gym 1:30-4:30pm Adult Futsal League 5:00-8:00pm	<b>12</b> Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	<b>13</b> 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 3:30-6:20pm Volleyball Open Gym 6:30-9:00pm	<b>14</b> Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	<b>15</b> 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- 6:20pm Volleyball Open Gym 6:30pm-9:00pm	<b>16</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>17</b> Closed
<b>18</b> Volleyball Open Gym 1:30-4:30pm	<b>19</b> Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	<b>20</b> 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 3:30-6:20pm Volleyball Open Gym 6:30-9:00pm	<b>21</b> Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	<b>22</b> 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- 6:20pm Volleyball Open Gym 6:30pm-9:00pm	<b>23</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>24</b> Closed
<b>25</b> Closed	<b>26</b> Closed 	<b>27</b> 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 3:30-6:20pm Volleyball Open Gym 6:30-9:00pm	<b>28</b> Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 5:00pm Futsal Open Gym 5:00-6:30pm Basketball Open Gym 6:30-9:00pm	<b>29</b> 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- 6:20pm Volleyball Open Gym 6:30pm-9:00pm	<b>30</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>31</b> Closed