



# PADUCAH RECREATION CENTER ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Day Camp 9:00-3:00pm Open Gym 4:00-6:15pm Basketball Open Gym 6:30-9:00pm 	<b>2</b> Day Camp 9:00-3:00pm Family Open Gym 4:00-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>3</b> Day Camp 9:00—3:00pm Open Gym 4:00-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	<b>4</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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>5</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga	<b>6</b> Closed
<b>7</b> Volleyball Open Gym 1:30-4:30pm	<b>8</b> 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	<b>9</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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>10</b> Tiny Tot Craft Series 9:30 –10:30 am Pilates 11:15am - 12:00 pm Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30– 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	<b>11</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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>12</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	<b>13</b> Closed
<b>14</b> Volleyball Open Gym 1:30-4:30pm	<b>15</b> 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	<b>16</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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>17</b> Tiny Tot Craft Series 9:30 –10:30 am Pilates 11:15am - 12:00 pm Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30– 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	<b>18</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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>19</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm Parents Night Out 6:00-9:00pm	<b>20</b> Closed
<b>21</b> Volleyball Open Gym 1:30-4:30pm	<b>22</b> 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	<b>23</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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>24</b> Tiny Tot Craft Series 9:30 –10:30 am Pilates 11:15am - 12:00 pm Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30– 3:30pm Open Gym 3:30-5:00pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	<b>25</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 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm	<b>26</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	<b>27</b> Closed
<b>28</b> Volleyball Open Gym 1:30-4:30pm	<b>29</b> 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	<b>30</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 Family Open Gym 3:30-5:20pm Zumba 5:30-6:15pm Volleyball 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 <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.						