



# APRIL 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**PADUCAH PARKS RESERVES THE RIGHT TO CLOSE EARLY DUE TO LACK OF PARTICIPATION. FOR MORE INFO PLEASE CALL 444-8508.**

					<b>1</b> Chair Yoga - 12:15 - 1:00pm Walking Club- 1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	<b>2</b> <b>CLOSED</b> LeQuisha Bolen Practice - 1:00 - 4:00pm
<b>3</b> Volleyball Open Gym - 1:30 - 5:00pm	<b>4</b> Walking Club-11:00am-12:00 pm Open Gym - 12:00 - 6:00pm Tai Chi/Chair Yoga - 12:15 - 1:00pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:00 - 8:00pm Futsal Open Gym -8:00-10:00pm	<b>5</b> Balanced Body - 9:30 - 10:30 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Open Gym - 12:00 - 6:30pm Chair Yoga - 12:15 - 1:00pm Sit and Get Fit - 4:15 - 5:15pm Futsal Open Gym - 6:30-10:00pm	<b>6</b> Parenting Class - 9:30am - 10:30am Walking Club- 10:30am - 12:00pm Open Gym - 12:00 - 6:00pm Mat Yoga - 12:15 - 1:00pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:30-10:00pm	<b>7</b> Balanced Body - 9:30 - 10:30 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Open Gym - 12:00 - 6:15pm Chair Yoga - 12:15 - 1:00pm Sit and Get Fit - 4:15 - 5:15pm Volleyball Open Gym - 6:30-10:00pm	<b>8</b> Chair Yoga - 12:15 - 1:00pm Open Gym - 12:00 - 6:00pm Walking Club- 1:00 - 2:30pm	<b>9</b> <b>CLOSED</b> LeQuisha Bolen Practice - 1:00 - 4:00pm
<b>10</b> Volleyball Open Gym - 1:30 - 5:00pm	<b>11</b> Walking Club-11:00am-12:00 pm Tai Chi/Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:00pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:00 - 8:00pm Futsal Open Gym -8:00-10:00pm	<b>12</b> Balanced Body - 9:30 - 10:30 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Sit and Get Fit - 4:15 - 5:15pm Futsal Open Gym - 6:30-10:00pm	<b>13</b> Walking Club- 11:00am - 12:00pm Mat Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:30-10:00pm	<b>14</b> Balanced Body - 9:30 - 10:30 am DIET FREE - 10:00 - 11:00 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:15pm Sit and Get Fit - 4:15 - 5:15pm Volleyball Open Gym - 6:30-10:00pm	<b>15</b> Chair Yoga - 12:15 - 1:00pm Walking Club- 1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	<b>16</b> <b>CLOSED</b> Margaret Hank Presbyterian Church - ALL DAY
<b>17</b> Volleyball Open Gym - 1:30 - 5:00pm	<b>18</b> Walking Club-11:00am-12:00 pm Tai Chi/Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:00pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:00 - 8:00pm Futsal Open Gym -8:00-10:00pm	<b>19</b> Balanced Body - 9:30 - 10:30 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Sit and Get Fit - 4:15 - 5:15pm Futsal Open Gym - 6:30-10:00pm	<b>20</b> Parenting Class - 9:30am - 10:30am Walking Club- 10:30am - 12:00pm Mat Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:30-10:00pm	<b>21</b> Balanced Body - 9:30 - 10:30 am DIET FREE - 10:00 - 11:00 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:15pm Sit and Get Fit - 4:15 - 5:15pm Volleyball Open Gym - 6:30-10:00pm	<b>22</b> Chair Yoga - 12:15 - 1:00pm Walking Club- 1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	<b>23</b> <b>CLOSED</b> LeQuisha Bolen Practice - 1:00 - 4:00pm
<b>24</b> Volleyball Open Gym - 1:30 - 5:00pm	<b>25</b> Walking Club-11:00am-12:00 pm Tai Chi/Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:00pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:00 - 8:00pm Futsal Open Gym -8:00-10:00pm	<b>26</b> Balanced Body - 9:30 - 10:30 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Sit and Get Fit - 4:15 - 5:15pm Futsal Open Gym - 6:30-10:00pm	<b>27</b> Parenting Class - 9:30am - 10:30am Walking Club- 10:30am - 12:00pm Mat Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:30pm Chair Yoga - 4:15 - 5:15pm Basketball Open Gym - 6:30-10:00pm	<b>28</b> Balanced Body - 9:30 - 10:30 am DIET FREE - 10:00 - 11:00 am Walking Club- 10:30 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:15pm Sit and Get Fit - 4:15 - 5:15pm Volleyball Open Gym - 6:30-10:00pm	<b>29</b> Chair Yoga - 12:15 - 1:00pm Walking Club- 1:00 - 2:30pm Open Gym - 2:30 - 6:00pm	<b>30</b> <b>CLOSED</b> LeQuisha Bolen Practice - 1:00 - 4:00pm