



DECEMBER 2015



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|--|--|---|--|---|--|--|
| | | 1 Walking Club- 10:00 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:00pm Sit and Get Fit with Pilates - 3:30-4:30pm Futsal Open Gym - 6:00-9:00pm | 2 Walking Club- 11:00am - 12:15pm Chair Yoga - 12:15 - 1:00pm PTHS Freshman Basketball - 2:45-4:15pm Open Gym - 4:15 - 6:00pm Sit and Get Fit w/ Pilates-3:30 - 4:30pm Basketball Open Gym - 6:00-9:00pm | 3 Walking Club- 10:00 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:00pm Sit and Get Fit w/ Pilates - 3:30-4:30pm Volleyball Open Gym - 6:00-9:00pm | 4 Chair Yoga - 12:15 - 1:00pm Walking Club- 1:00 - 2:30pm PTHS Freshman Basketball 2:45-4:15pm Open Gym - 4:15 - 6:00pm | 5 CLOSED West Kentucky Special Olympics - 10:00am - 12:00pm |
| 6 CLOSED West Kentucky Special Olympics - 1:00 - 5:00pm | 7 Tai Chi /Yoga Combo- 12:15-1:00pm PTHS Freshman Basketball - 2:45-4:15pm Open Gym - 4:15-6:00pm Chair Yoga - 3:30 - 4:15pm Basketball Open Gym - 6:00-9:00pm | 8 Walking Club- 10:00 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:00pm Sit and Get Fit with Pilates - 3:30-4:30pm Futsal Open Gym - 6:00-9:00pm | 9 Walking Club- 11:00am - 12:15pm Chair Yoga - 12:15 - 1:00pm PTHS Freshman Basketball - 2:45-4:15pm Open Gym - 4:15 - 6:00pm Sit and Get Fit w/ Pilates-3:30 - 4:30pm Basketball Open Gym - 6:00-9:00pm | 10 Walking Club- 10:00 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm PTHS Freshman Basketball - 2:45-4:15pm Open Gym - 4:15 - 6:00pm Sit and Get Fit w/ Pilates - 3:30-4:30pm Volleyball Open Gym - 6:00-9:00pm | 11 Chair Yoga - 12:15 - 1:00pm Walking Club- 1:00 - 2:30pm Open Gym - 2:30 - 6:00pm | 12 CLOSED West Kentucky Special Olympics - 10:00am - 12:00pm |
| 13 CLOSED West Kentucky Special Olympics - 1:00 - 5:00pm | 14 Tai Chi /Yoga Combo- 12:15-1:00pm Open Gym - 2:30-6:00pm Chair Yoga - 3:30 - 4:15pm Basketball Open Gym - 6:00-9:00pm | 15 Walking Club- 10:00 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 2:30 - 6:00pm Sit and Get Fit with Pilates - 3:30-4:30pm Futsal Open Gym - 6:00-9:00pm | 16 Walking Club- 11:00am - 12:15pm Chair Yoga - 12:15 - 1:00pm PTHS Freshman Basketball - 2:45-4:15pm Open Gym - 4:15 - 6:00pm Sit and Get Fit w/ Pilates-3:30 - 4:30pm Basketball Open Gym - 6:00-9:00pm | 17 Walking Club- 10:00 - 11:00 am PTHS Freshman Basketball - 2:45-4:15pm Open Gym - 4:15 - 6:00pm Volleyball Open Gym - 6:00-9:00pm | 18 Walking Club- 1:00 - 2:30pm Open Gym - 2:30 - 6:00pm | 19 CLOSED West Kentucky Special Olympics - 10:00am - 12:00pm |
| 20 CLOSED West Kentucky Special Olympics - 1:00 - 5:00pm | 21 Open Gym - 12:00-6:00pm Basketball Open Gym - 6:00-9:00pm | 22 Walking Club- 10:00 - 11:00 am Open Gym - 12:00 - 6:00pm Futsal Open Gym - 6:00-9:00pm | 23 Walking Club- 11:00am - 12:15pm Open Gym - 12:00 - 6:00pm Basketball Open Gym - 6:00-9:00pm | 24 CLOSED | 25 CLOSED | 26 CLOSED |
| 27 CLOSED | 28 Tai Chi /Yoga Combo- 12:15-1:00pm Open Gym - 1:00-6:00pm Chair Yoga - 3:30 - 4:15pm Basketball Open Gym - 6:00-9:00pm | 29 Walking Club- 10:00 - 11:00 am Mat Yoga - 11:00am - 12:00pm Chair Yoga - 12:15 - 1:00pm Open Gym - 1:00 - 6:00pm Sit and Get Fit with Pilates - 3:30-4:30pm Futsal Open Gym - 6:00-9:00pm | 30 Walking Club- 11:00am - 12:15pm Chair Yoga - 12:15 - 1:00pm Open Gym - 1:00 - 6:00pm Sit and Get Fit w/ Pilates-3:30 - 4:30pm Basketball Open Gym - 6:00-9:00pm | 31 CLOSED | | |

**PADUCAH PARKS RESERVES THE RIGHT TO CLOSE EARLY DUE TO LACK OF PARTICIPATION.
 FOR MORE INFO PLEASE CALL 444-8508.**