

NOVEMBER 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	3 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	4 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm Performance Troupe - 6:30 - 7:30pm	5 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	6 CLOSED	7 CLOSED
8 CLOSED	9 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	10 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	11 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm Performance Troupe - 6:30 - 7:30pm	12 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	13 CLOSED	14 CLOSED
15 CLOSED	16 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	17 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	18 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm Performance Troupe - 6:30 - 7:30pm	19 Mat Yoga - 11:45am - 12:30pm Mid-East Dance - 5:15 - 6:00pm SharQui - 6:15 - 7:00pm	20 CLOSED	21 CLOSED
22 CLOSED	23 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm	24 Mat Yoga - 11:45am - 12:30pm SharQui - 5:30 - 6:15pm	25 Chair Yoga - 12:15 - 1:00pm Booty Jam - 5:15 - 6:00pm	26 CLOSED — HAPPY THANKSGIVING!	27 CLOSED	28 CLOSED
29 CLOSED	30 Chair Yoga - 12:15 - 1:00pm Super Soul Fitness - 4:30 - 5:15pm					

FOR MORE INFO PLEASE CALL 270-444-8508 OR VISIT
www.paducahky.gov/parks-recreation-department
 PADUCAH RECREATION CENTER RESERVES THE RIGHT TO CLOSE
 EARLY DUE TO LACK OF PARTICIPATION.