



Activities at the Paducah Recreation Center



PADUCAH PARKS & RECREATION
ALWAYS SOMETHING TO DO!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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, Volleyball and Pickleball.

Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more information about these or other Paducah Parks & Recreation Programs.

			1 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm	2 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Basketball Reservation 5:00-6:00pm Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:30pm	3 Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm Reservation 4:00-8:00pm	4 Closed
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5 Volleyball Open Gym 1:30-4:30pm	6 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Relax & Restore Yoga 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	7 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-6:00pm SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm	8 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm	9 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-6:00pm Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:30pm	10 Weigh 2 Health 9:00-10:00am Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	11 Closed
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12 Volleyball Open Gym 1:30-4:30pm	13 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Relax & Restore Yoga 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	14 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-6:00pm SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm	15 Tiny Tots St. Patrick's Day Celebration 10:00-11:00am Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Paducah Tennis Association Meeting (CR) 6:00-7:00pm Basketball Open Gym 6:30-9:00pm	16 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Basketball Reservation 5:00-6:00pm Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:30pm	17 Weigh 2 Health 9:00-10:00am Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm Parents Night Out 5:30-9:00pm	18 Closed
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19 Volleyball Open Gym 1:30-4:30pm	20 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Relax & Restore Yoga 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	21 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-6:00pm SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm	22 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm	23 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Basketball Reservation 5:00-6:00pm Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:30pm	24 Weigh 2 Health 9:00-10:00am Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	25 Closed
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26 Volleyball Open Gym 1:30-4:30pm	27 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Relax & Restore Yoga 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	28 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-6:00pm SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm	29 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm	30 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Basketball Reservation 5:00-6:00pm Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:30pm	31 Weigh 2 Health 9:00-10:00am Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	
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