



# PADUCAH RECREATION CENTER

## ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Volleyball Open Gym 1:30-4:30pm</b> <b>Youth Tennis 5:00-7:00pm</b>	<b>2</b> <b>Tiny Tot Open Gym 9:30-11:30am</b> <b>Senior Functional Fitness 12:15-1:00pm</b> <b>Open Gym 2:00-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>3</b> <b>Fitness Fusion 10:15-11:00am</b> <b>Mat Yoga 11:15-12:00pm</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 2:30-3:15pm</b> <b>Open Gym 3:30-5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>4</b> <b>Pilates 11:15-12:00pm</b> <b>Move and Groove 12:15-1:00pm</b> <b>Open Gym 2:30-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>1</b> <b>Fitness Fusion 10:15-11:00am</b> <b>Mat Yoga 11:15 -12:00pm</b> <b>Chair Yoga 12:15 -1:00pm</b> <b>Pickleball Open Gym 1:15-3:15pm</b> <b>Open Gym 3:30pm – 5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>6</b> <b>Pilates 11:15-12:00pm</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 1:15-2:00pm</b>	<b>7</b> <b>Paducah Plays 9:00-12:00pm</b>
<b>8</b> <b>Volleyball Open Gym 1:30-4:30pm</b> <b>Youth Tennis 5:00-7:00pm</b>	<b>9</b> <b>Tiny Tot Open Gym 9:30-11:30am</b> <b>Open Gym 2:00-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>10</b> <b>Mat Yoga 11:15-12:00pm</b> <b>Slow Flow Yoga 2:30-3:15pm</b> <b>Open Gym 3:30-5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>11</b> <b>Open Gym 2:30-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>12</b> <b>Music &amp; Movement 9:30-10:15am</b> <b>Mat Yoga 11:15 -12:00pm</b> <b>Chair Yoga 12:15 -1:00pm</b> <b>Pickleball Open Gym 1:15-3:15pm</b> <b>Open Gym 3:30pm – 5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Music &amp; Movement 6:30-7:15pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>13</b> <b>Tiny Tot St Patrick's Day 9:30-10:30</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 1:15-2:00pm</b>	<b>14</b> <b>Paducah Plays 9:00-12:00pm</b> <b>Art Class 1:00-2:30pm</b>
<b>15</b> <b>Volleyball Open Gym 1:30-4:30pm</b> <b>Paducah Plays 5:00-8:00pm</b>	<b>16</b> <b>Tiny Tot Open Gym 9:30-11:30am</b> <b>Senior Functional Fitness 12:15-1:00pm</b> <b>Open Gym 2:00-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>17</b> <b>Fitness Fusion 10:15-11:00am</b> <b>Mat Yoga 11:15-12:00pm</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 2:30-3:15pm</b> <b>Open Gym 3:30-5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>18</b> <b>Pilates 11:15-12:00pm</b> <b>Move and Groove 12:15-1:00pm</b> <b>Open Gym 2:30-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>19</b> <b>Music &amp; Movement 9:30-10:15am</b> <b>Fitness Fusion 10:15-11:00am</b> <b>Mat Yoga 11:15 -12:00pm</b> <b>Chair Yoga 12:15 -1:00pm</b> <b>Pickleball Open Gym 1:15-3:15pm</b> <b>Open Gym 3:30pm – 5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Music &amp; Movement 6:30-7:15pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>20</b> <b>Pilates 11:15-12:00pm</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 1:15-2:00pm</b>	<b>21</b> <b>Paducah Plays 9:00-12:00pm</b>
<b>22</b> <b>Volleyball Open Gym 1:30-4:30pm</b> <b>Paducah Plays 5:00-8:00pm</b>	<b>23</b> <b>Tiny Tot Open Gym 9:30-11:30am</b> <b>Senior Functional Fitness 12:15-1:00pm</b> <b>Open Gym 2:00-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>24</b> <b>Fitness Fusion 10:15-11:00am</b> <b>Mat Yoga 11:15-12:00pm</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 2:30-3:15pm</b> <b>Open Gym 3:30-5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>25</b> <b>Pilates 11:15-12:00pm</b> <b>Move and Groove 12:15-1:00pm</b> <b>Open Gym 2:30-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>26</b> <b>Music &amp; Movement 9:30-10:15am</b> <b>Fitness Fusion 10:15-11:00am</b> <b>Mat Yoga 11:15 -12:00pm</b> <b>Chair Yoga 12:15 -1:00pm</b> <b>Pickleball Open Gym 1:15-3:15pm</b> <b>Open Gym 3:30pm – 5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Music &amp; Movement 6:30-7:15pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>27</b> <b>Pilates 11:15-12:00pm</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 1:15-2:00pm</b>	<b>28</b> <b>Youth 3 on 3 Basketball Tournament 9:00-4:00</b>
<b>29</b> <b>Volleyball Open Gym 1:30-4:30pm</b> <b>Paducah Plays 5:00-8:00pm</b>	<b>30</b> <b>Tiny Tot Open Gym 9:30-11:30am</b> <b>Senior Functional Fitness 12:15-1:00pm</b> <b>Open Gym 2:00-4:00pm</b> <b>Chapman Martial Arts 4:30-7:00pm</b> <b>Basketball Open Gym 7:15-9:30pm</b>	<b>31</b> <b>Fitness Fusion 10:15-11:00am</b> <b>Mat Yoga 11:15-12:00pm</b> <b>Chair Yoga 12:15-1:00pm</b> <b>Slow Flow Yoga 2:30-3:15pm</b> <b>Open Gym 3:30-5:00pm</b> <b>Futsal Open Gym 5:00 - 7:00pm</b> <b>Volleyball Open Gym 7:15-9:30pm</b>	<b>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.</b>	<b>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 &amp; Recreation Programs.</b>	<b>Paducah Recreation Center reserves the right to close early due to lack of participation.</b>	