

4:30-7:00pm

7:15-9:30pm

Chapman Martial Arts

Basketball Open Gym

Slow Flow Yoga 2:30-3:15pm

Futsal Open Gym 5:00-6:45pm

Open Gym 3:30-5:00pm

Volleyball Open Gym

7:00-9:30pm

PADUCAH RECREATION CENTER

ACTIVITIES FOR THE MONTH OF



Information about these or other

Paducah Parks & Recreation

Programs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed	Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	3 Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	5 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	6
7 Volleyball Open Gym 1:30-4:30pm	8 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-4:00 Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	9 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	T1 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	12 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	13
14 Volleyball Open Gym 1:30-4:30pm	Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-4:00 Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	Music and Movement 9:30-10:15 am Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:30pm Music and Movement 6:30-7:15pm Volleyball Open Gym 7:15-9:30pm	19 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	20
21 Volleyball Open Gym 1:30-4:30pm	Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-4:00 Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	Pitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:45pm Volleyball Open Gym 7:00-9:30pm	Pilates 11:15am - 12:00 pm Sit And Get Fit 12:15-1:00pm Open Gym 2:30- 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	Music and Movement 9:30-10:15 am Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Pickleball Open Gym 1:15-3:15pm Open Gym 3:30-5:00pm Futsal Open Gym 5:00-6:30pm Music and Movement 6:30-7:15pm Volleyball Open Gym 7:15-9:30pm	Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	27
28 Volleyball Open Gym 1:30-4:30pm	29 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-4:00	30 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm	Paducah Recreation Center reserves	The court must be shared with other members who may not want to play full	Visit www.paducahky.gov/parks- recreation-department or Call 270-444-8508 for more	

the right to close

early due to lack of

participation.

may not want to play full

court Pickup games for

Open Gyms except for Basketball and Volleyball.