

PADUCAH RECREATION CENTER **ACTIVITIES FOR THE MONTH OF**



Monday **Friday** Wednesday **Thursday Saturday Sunday Tuesday** 1 2 **Paducah Recreation** Visit www.paducahky.gov/parks-The court must be shared **Pilates Center reserves** recreation-department or with other members who Closed 11:15-12:00pm Call 270-444-8508 for more may not want to play full the right to close **Chair Yoga** court Pickup games for Information about these or other early due to lack of **Open Gyms except for** 12:15-1:00pm **Paducah Parks & Recreation** Basketball and Volleyball. participation. **Slow Flow Yoga** Programs. 1:15-2:00pm 7 8 9 3 5 6 Fitness Fusion 10:15-11:00am **Pilates Tiny Tot Open Gym** Fitness Fusion 10:15-11:00am Tiny Tot Craft Series 9:30-10:30am Closed Pilates 11:15am - 12:00 pm Mat Yoga 11:15-12:00pm Mat Yoga 11:15-12:00pm 11:15-12:00pm **Volleyball Open** 9:30-11:30am Sit And Get Fit Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm **Chair Yoga** 12:15-1:00pm Gym 1:30-4:30pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Pickleball Open Gym **Homeschool Open Gym** Open Gym 3:30-5:00pm 12:15-1:00pm 1:15-3:15pm Open Gym 2:30-6:15pm **Adult Futsal** 1:30-3:30pm Youth Volleyball 5:30-7:15pm Open Gym 3:30pm- 6:15pm Slow Flow Yoga Open Gym 3:30-6:30pm **Basketball Open Gym** Volleyball Open Gym 5:00pm Volleyball Open Gym **Basketball Open Gym** 1:15-2:00pm 7:30-9:30pm 6:30pm—9:00pm 6:30-9:00pm 6:30-9:00pm 16 11 15 10 12 14 13 Pilates 11:15am - 12:00 pm Fitness Fusion 10:15-11:00am Fitness Fusion 10:15-11:00am **Pilates** Closed Volleyball Open Gym **Tiny Tot Open Gym** Mat Yoga 11:15-12:00pm Sit And Get Fit Mat Yoga 11:15-12:00pm 11:15-12:00pm 1:30-4:30pm 9:30-11:30am Chair Yoga 12:15-1:00pm 12:15-1:00pm Chair Yoga 12:15-1:00pm **Chair Yoqa Adult Futsal** Slow Flow Yoga 2:30-3:15pm Chair Yoga 12:15-1:00pm **Homeschool Open Gym** Pickleball Open Gym Open Gym 3:30-5:00pm 12:15-1:00pm 1:30-3:00pm Open Gym 2:30-6:15pm 1:15-3:15pm 5:00pm Youth Volleyball 5:30 - 7:15pm Open Gym 4:30-6:30pm **Slow Flow Yoga** Open Gym 3:30pm- 6:15pm Volleyball Open Gym **Basketball Open Gym Basketball Open Gym** 7:30-9:30pm 1:15-2:00pm Volleyball Open Gym 6:30-9:00pm 6:30-9:00pm 6:30pm—9:00pm 17 22 18 23 19 **Tiny Tot Thanksgiving Celebration** Youth Volleyball Fitness Fusion 10:15-11:00am Fitness Fusion 10:15-11:00am **Pilates Tiny Tot Open Gym Volleyball Open** 9:30-10:30 9:00-11:00 am Mat Yoga 11:15-12:00pm Mat Yoga 11:15-12:00pm 9:30-11:30am 11:15-12:00pm Pilates 11:15am - 12:00 pm Gym 1:30-4:30pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm Chair Yoga 12:15-1:00pm Sit And Get Fit **Chair Yoga** Slow Flow Yoga 2:30-3:15pm Pickleball Open Gym 12:15-1:00pm **Adult Futsal** Open Gym 2:30-5:00pm Open Gym 3:30-5:00pm 1:15-3:15pm 12:15-1:00pm **Homeschool Open Gym** Tiny Tot Basketball 5:30-7:30pm Youth Volleyball 5:30 - 7:15pm Open Gym 3:30pm- 5:00pm 5:00pm 1:30-3:30pm **Slow Flow Yoga** Volleyball Open Gym Tiny Tot Basketball 5:00-7:30pm **Basketball Open Gym** Open Gym 3:30-6:30pm 7:30-9:30pm Volleyball Open Gym Basketball Open Gym 1:15-2:00pm 7:30-9:30pm 7:30pm—9:30pm 6:30-9:00pm 24 25 26 27 28 29 30 **Volleyball Open Tiny Tot Open Gym** Fitness Fusion 10:15-11:00am Closed Pilates 11:15am - 12:00 pm 9:30-11:30am Sit And Get Fit Mat Yoga 11:15-12:00pm Closed Gym 1:30-4:30pm

Adult Futsal 5:00pm

Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Tiny Tot Basketball 5:30-7:30pm **Basketball Open Gym** 7:30-9:30pm

Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm

Open Gym 3:30-6:15pm Volleyball Open Gym 6:30-9:00pm

12:15-1:00pm **Homeschool Open Gym** 1:30-3:30pm Open Gym 3:30-6:30pm **Basketball Open Gym** 6:30-9:00pm