



PADUCAH RECREATION CENTER ACTIVITIES FOR THE MONTH OF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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.	Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs		Paducah Recreation Center reserves the right to close early due to lack of participation.		1
2 Volleyball Open Gym 1:30-4:30PM	3 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00–6:30pm Basketball Open Gym 6:30-9:30pm	4 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 5:00-6:45 Volleyball Open Gym 7:00-9:30pm	5 Pilates 11:15am-12:00pm Move and Groove 12:15-1:00pm Open Gym 2:30-6:30pm Basketball Open Gym 6:30-9:30pm	6 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 Youth Volleyball 5:15-7:30pm Volleyball Open Gym 7:45-9:30pm	7 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	8
9 Volleyball Open Gym 1:30-4:30PM	10 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	11 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 5:00-6:45 Volleyball Open Gym 7:00-9:30pm	12 Pilates 11:15am-12:00 pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	13 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 Youth Volleyball 5:15-7:30pm Volleyball Open Gym 7:45-9:30pm	14 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	15 Chapman Martial Arts 8:30-4:30pm
16 Volleyball Open Gym 1:30-4:30PM	17 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00– 4:00pm Chapman Martial Arts 4:30-7:00pm Tiny Tot Basketball 5:15-7:30pm Basketball Open Gym 7:45-9:30pm	18 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 Tiny Tot Basketball 5:15-7:30pm Volleyball Open Gym 7:45-9:30pm	19 Pilates 11:15am-12:00 pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	20 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 Youth Volleyball 5:15-7:30pm Volleyball Open Gym 7:45-9:30pm	21 Tiny Tot Thanksgiving 9:30-10:30am Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	22 Youth Volleyball 9:00-10:45am
23 Volleyball Open Gym 1:30-4:30PM 30 Closed	24 Tiny Tot Open Gym 9:30-11:30am Senior Functional Fitness 12:15-1:00pm Open Gym 2:00– 4:00pm Chapman Martial Arts 4:30-7:00pm Tiny Tot Basketball 5:15-7:30pm Basketball Open Gym 7:45-9:30pm	25 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 Tiny Tot Basketball 5:15-7:30pm Volleyball Open Gym 7:45-9:30pm	26 Pilates 11:15am-12:00 pm Move and Groove 12:15-1:00pm Open Gym 2:30– 4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	27 	28 Closed Happy Thanksgiving	29 Closed Happy Thanksgiving