

# PADUCAH RECREATION CENTER

## ACTIVITIES FOR THE MONTH OF

# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 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	<b>2</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>3</b> Pilates 11:15-12:00pm 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	<b>4</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>5</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>6</b> Closed
<b>7</b> Volleyball Open Gym 1:30-4:30pm	<b>8</b> 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	<b>9</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>10</b> Pilates 11:15-12:00pm 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	<b>11</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>12</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>13</b> Closed
<b>14</b> Volleyball Open Gym 1:30-4:30pm	<b>15</b> 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	<b>16</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>17</b> Pilates 11:15-12:00pm 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	<b>18</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>19</b> Juneteenth Closed	<b>20</b> Closed
<b>21</b> Closed	<b>22</b> 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	<b>23</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>24</b> Pilates 11:15-12:00pm Open Gym 2:30-4:00pm Chapman Martial Arts 4:30-7:00pm Basketball Open Gym 7:15-9:30pm	<b>25</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	<b>26</b> Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 1:15-2:00pm	<b>27</b> Closed
<b>28</b> Volleyball Open Gym 1:30-4:30pm	<b>29</b> 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	<b>30</b> 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 5:00-7:00pm Volleyball Open Gym 7:15-9:30pm	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 and Volleyball.	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 & Recreation Programs.	