



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9 AM Defensive Driving Class 9:30 Vinyasa Yoga
2	3 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	4 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	5 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	6 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00PM Buti Yoga	7 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	8 9:30 Vinyasa Yoga
9	10 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	11 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	12 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	13 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00PM Buti Yoga	14 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	15 9:30 Vinyasa Yoga
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23	24 No Classes	25 Closed For Christmas	26 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	27 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00PM Buti Yoga	28 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	29 9:30 Vinyasa Yoga
	31 No Classes					



Hours of Operation
Mon-Fri 6 AM - 7 PM
Saturday 8 AM - 2 PM
Closed on Sundays

Enos Derbonne
Sports Complex
7903 Lake St.
Lake Charles, LA 70605
337-502-5214
www.lcward3recreation.com

The 10 Best and Worst Foods for Health and Longevity

The Best:	The Worst:
Green Leafy Vegetables (e.g. kale, collard greens, mustard greens, spinach, lettuce)	Sweetened Dairy Products (e.g. ice cream, low-fat ice cream, frozen yogurt)
Non-Leafy Cruciferous Vegetables (e.g. broccoli, cauliflower, Brussels sprouts, cabbage)	Trans Fat Containing Foods (e.g. stick margarine, shortening, fast foods, commercial baked goods)
Berries	Donuts
Beans	Sausage, Hot Dogs, and Luncheon Meats
Mushrooms	Smoked Meat, Barbecued Meat and Conventionally-Raised Red Meat
Onions	Fried Foods including Potato Chips and French Fries
Seeds (e.g. flax, chia, hemp, sesame, sunflower, pumpkin)	Highly-salted Foods
Nuts (e.g. walnuts, pistachios, pine nuts, almonds, cashews)	Soda
Tomatoes	Refined White Sugar
Pomegranates	Refined White Flour