



December 2017



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

“MOST PEOPLE
 HAVE NO IDEA
 HOW GOOD THEIR
 BODY IS DESIGNED
 TO FEEL.”
 -KEVIN TRUDEAU-

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	2
3	4 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	5 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:45PM Zumba 6:00PM Buti Yoga	6 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45PM Circuit 5:45 PM Yoga	7 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga 6:30pm Zumba	8 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	9 <i>9 AM Defensive Driving Class</i>
10	11 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	12 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:45PM Zumba 6:00PM Buti Yoga	13 9AM Pilates 9:30-12 Open Crafts 10:00 Christmas Party 5:45PM Circuit 5:45 PM Yoga	14 9 AM Aerobics 9AM Yoga 10 AM Line Dance 6:00PM Buti Yoga 6:30pm Zumba	15 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	16
17	18 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	19 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:45PM Zumba 6:00PM Buti Yoga	20 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45PM Circuit 5:45 PM Yoga	21 9 AM Aerobics 9AM Yoga 10 AM Line Dance 6:00PM Buti Yoga 6:30pm Zumba	22 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	23
24	25 Closed For Christmas	26 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:45PM Zumba 6:00PM Buti Yoga	27 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45PM Circuit 5:45 PM Yoga	28 9 AM Aerobics 9AM Yoga 10 AM Line Dance 6:00PM Buti Yoga 6:30pm Zumba	29 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	30