

HAPPY★NEW★YEAR

# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Closed For New Year's</b>	2 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45 PM HIIT Workout 6:00 PM Buti Yoga	3 9AM Pilates 10 AM Sit & Fit 9:30-12 Open Crafts 5:45 PM Yoga 5:45 PM Circuit	4 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30 PM Zumba	5 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	6
7	8 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	9 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM Fitness Expo @ Power Center	10 9AM Pilates 10 AM Sit & Fit 9:30-12 Open Crafts 5:45 PM Yoga 5:45 PM Circuit	11 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30 PM Zumba	12 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	13 <i>9 AM Defensive Driving Class</i>
14	15 <b>Closed For MLK Day</b>	16 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45 PM HIIT Workout 6:00 PM Buti Yoga	17 9AM Pilates 10 AM Sit & Fit 9:30-12 Open Crafts 5:45 PM Yoga 5:45 PM Circuit	18 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30 PM Zumba	19 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	20
21	22 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	23 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45 PM HIIT Workout 6:00 PM Buti Yoga	24 9 AM Pilates 10 AM Sit & Fit 9:30-12 Open Crafts 5:45 PM Yoga 5:45 PM Circuit	25 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30 PM Zumba	26 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	27
28	29 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	30 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45 PM HIIT Workout 6:00 PM Buti Yoga	31 9 AM Pilates 10 AM Sit & Fit 9:30-12 Open Crafts 5:45 PM Yoga 5:45 PM Circuit			



**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](http://www.lcward3recreation.com)



**My New Year's  
 Resolution  
 To Become  
 Better**