



March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	2 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	3
4	5 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	6 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00 Buti Yoga	7 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit	8 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	9 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	10 8-2 Basketball League 9 AM Defensive Driving Class
11	12 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	13 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00 Buti Yoga	14 9 AM Cardio Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit	15 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	16 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	17 8-2 Basketball League
18	19 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 11:00 Pot Luck Bingo 5:45 PM Yoga 6:30 PM Zumba	20 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00 Buti Yoga	21 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit	22 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	23 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	24 8-2 Basketball League
25	26 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	27 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00 Buti Yoga	28 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit	29 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	30 Closed for Good Friday	31 Closed for Easter



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

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

Top 5 Foods for Brain Health!

