

Thank You



May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	2 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:30 PM Zumba 6:30 Pelican Paddlers Meeting	3 9AM Pilates 10 AM Sit & Fit 9:30-12 Open Crafts 5:45 PM Yoga 5:30 PM Circuit	4 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 4:00 Pickleball 6:30pm Zumba	5 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 4:00 Pickleball	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 ABS & Strength Training 5:30PM Zumba	10 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit	11 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 4:00 Pickleball 6:30pm Zumba	12 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 4:00 Pickleball	13 9 AM Defensive Driving Class
14	15 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	16 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:30PM Zumba	17 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit	18 9 AM Aerobics 9AM Yoga 10 AM Line Dance 4:00 Pickleball 6:30pm Zumba	19 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 4:00 Pickleball	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 5:30 PM ABS & Strength Training 5:30PM Zumba	24 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit	25 9 AM Aerobics 9AM Yoga 10 AM Line Dance 4:00 Pickleball 6:30pm Zumba	26 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 4:00 Pickleball	27
28	29 Closed For Memorial Day	30 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:30PM Zumba	31 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:30 PM Circuit			



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

Enos Derbonne
Sports Complex
7903 Lake St.
Lake Charles, LA 70605
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www.lward3recreation.com

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