



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed For Labor Day	3 9 AM Fusion Flow 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	4 9AM Pilates 9:00 AM Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	5 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	6 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	7 Indoor Soccer
8	9 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	10 9 AM Fusion Flow 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	11 9AM Pilates 9:00 AM Yoga 8-12 Open Crafts 10 AM Sit & Fit 11 AM Computer Class 5:45 PM Yoga 7:00PM Buti Yoga	12 9 AM Yoga 10:00AM Sheriff's Bingo 6:00PM Buti Yoga	13 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	14 Indoor Soccer 9 AM Defensive Driving Class
15	16 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	17 9 AM Fusion Flow 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	18 9AM Pilates 9:00 AM Yoga 8-12 Open Crafts 10 AM Sit & Fit 11 AM Computer Class 5:45 PM Yoga 7:00PM Buti Yoga	19 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	20 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	21 Indoor Soccer
22	23 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	24 9 AM Fusion Flow 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	25 9 AM Pilates 9:00 AM Yoga 8-12 Open Crafts 10 AM Sit & Fit 11 AM Computer Class 5:45 PM Yoga 7:00PM Buti Yoga	26 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	27 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	28 Indoor Soccer
29	30 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga					



Hours of Operation
Mon-Fri 6 AM - 8 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

How to Get Fit

- 1) Eat cleanly
 - 2) Get your body moving
 - 3) Drink lots of water
- CAUTION:** Side affects may include happiness, radiance and amazing health.