

# Easter

# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Buti Yoga	<b>2</b> 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	<b>3</b> 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Craft 10 AM Sit & Fit 5:45PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	<b>4</b> 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	<b>5</b> 9 AM Zumba Gold 8-12 Open Craft 10 AM Sit & Fit 10 AM Bean Bag Baseball 5:00PM Buti Yoga	<b>6</b>
<b>7</b>	<b>8</b> 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Buti Yoga	<b>9</b> 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	<b>10</b> 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Craft 10 AM Sit & Fit 5:45PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	<b>11</b> 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	<b>12</b> 9 AM Zumba Gold 8-12 Open Craft 10 AM Sit & Fit 10 AM Bean Bag Baseball 5:00PM Buti Yoga	<b>13</b> <i>9 AM Defensive Driving Class</i>
<b>14</b>	<b>15</b> 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Buti Yoga	<b>16</b> 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	<b>17</b> 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Craft 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	<b>18</b> 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	<b>19</b> <b>Closed For Easter</b>	<b>20</b> <b>Closed For Easter</b>
<b>21</b> 	<b>22</b> 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Buti Yoga	<b>23</b> 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	<b>24</b> 9 AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Craft 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	<b>25</b> 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	<b>26</b> 9 AM Zumba Gold 8-12 Open Craft 10 AM Sit & Fit 10 AM Bean Bag Baseball 5:00PM Buti Yoga	<b>27</b> <b>Dog Park Party 1:30pm</b>
<b>28</b>	<b>29</b> 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Buti Yoga	<b>30</b> 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM 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](http://www.lcward3recreation.com)

## What's in Season for April?



Peas      Cherries      Zucchini

- Artichokes
- Asparagus
- Broccoli Rabe
- Brussels Sprouts
- Celery
- Grapefruit
- Guavas
- Kohlrabi
- Kumquats
- Limes
- Mandarins
- Mangoes
- Parsnips
- Pineapple
- Rhubarb
- Rutabagas
- Strawberries

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