

**HAPPY★NEW★YEAR**

# January 2019

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

**F**eel good

**I**ntensity

**T**oned, tenacious

**N**oticeable improvements

**E**xercise, energy

**S**trength, strong

**S**tamina