



# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 LC Softball Tournament
2	3 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Yoga	4 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	5 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	6 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 600PM Buti Yoga	7 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 8PM-12AM Midnight Soccer	8 9 AM Defensive Driving Class
9	10 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Yoga	11 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	12 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	13 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 600PM Buti Yoga	14 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 8PM-12AM Midnight Soccer	15
16	17 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Yoga	18 9AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	19 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	20 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 600PM Buti Yoga	21 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 8PM-12AM Midnight Soccer	22
23 30	24 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba 7:00PM Yoga	25 9 AM Strength & Mobility 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	26 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga 7:00PM Buti Yoga	27 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 600PM Buti Yoga	28 9 AM Zumba Gold ( ) 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Base8PM-12AM Midnight Soccer	29



**Hours of Operation**  
**Mon-Fri 6 AM - 8PM**  
**Saturday 8AM - 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)

## TOP 10 Fitness Facts

- Exercise Boosts Brainpower Movement Melts Away Stress
  - Exercise Gives You Energy It is easy to find time for fitness
  - Fitness Can Build Relationships Exercise Helps Ward Off Disease
  - Fitness Pumps Up Your Heart Exercise Lets You Eat More
  - Exercise Boosts Performance Weight Loss is NOT the Most Important Goal
- Always put your Health first!*