



# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 6:00PM Restorative Yoga	7 Basketball Games 8am-2pm
8	9 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	10 9:00 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 5:30 PM Tabata 5:45 PM Yoga 7:00PM Buti Yoga	12 9AM Yoga 9AM Zumba 10 AM Line Dance 5:50 PM Circuit 6:00PM Buti Yoga	13 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 6:00PM Restorative Yoga	14 9 AM Defensive Driving Class Basketball Games 8am-2pm
15	16 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	17 9:00 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 5:30 PM Tabata 5:45 PM Yoga 7:00PM Buti Yoga	19 9AM Yoga 9AM Zumba 10 AM Line Dance 5:50 PM Circuit 6:00PM Buti Yoga	20 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 6:00PM Restorative Yoga	21 Basketball Games 8am-2pm
22	23 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	24 9:00 AM Fusion Flow 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	25 9AM Pilates 9:00 AM Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:30 PM Tabata 5:45 PM Yoga 7:00PM Buti Yoga	26 9AM Yoga 9AM Zumba 10 AM Line Dance 5:50 PM Circuit 6:00PM Buti Yoga	27 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 6:00PM Restorative Yoga	28
29	30 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 7:00PM Buti Yoga	31 9:00 AM Fusion Flow 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga				



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

**Enos Derbonne**  
**Sports Complex**  
**7903 Lake St.**  
**Lake Charles, LA 70605**  
**337-502-5214**  
[www.lcward3recreation.com](http://www.lcward3recreation.com)

### HEALTHY SNACK IDEAS



carrots & hummus

cheese and crackers



whole fruits

low-salt popcorn



celery & peanut butter

yogurt with fruit



veggie sticks

no-salt added almonds