



# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	<b>2</b> 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 PM Buti Yoga 6:30pm Zumba	<b>3</b> 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	<b>4</b> 9:00 Am Deep
<b>5</b>	<b>6</b> 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30PM Zumba	<b>7</b> 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00 PM Buti Yoga	<b>8</b> 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	<b>9</b> 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00PM Buti Yoga 6:30pm Zumba	<b>10</b> 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	<b>11</b> 9:00 Am Deep  9 AM Defensive Driving Class
<b>12</b>	<b>13</b> 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30PM Zumba	<b>14</b> 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00 PM Buti Yoga	<b>15</b> 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45PM Circuit 5:45 PM Yoga	<b>16</b> 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 PM Buti Yoga 6:30pm Zumba	<b>17</b> 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	<b>18</b> 9:00 Am Deep
<b>19</b>	<b>20</b> 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30PM Zumba	<b>21</b> 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	<b>22</b> 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	<b>23</b> 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 PM Buti Yoga 6:30pm Zumba	<b>24</b> 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	<b>25</b> 9:00 Am Deep
<b>26</b>	<b>27</b> 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30PM Zumba	<b>28</b> 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	<b>29</b> 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	<b>30</b> 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 PM Buti Yoga 6:30pm Zumba	<b>31</b> 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball <i>McNeese Track 6pm-8pm</i>	



**Hours of Operation**  
**Mon-Fri 6 AM - 7 PM**  
**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)

**Burns 100 calories:**  
**40 Jumping Jacks**  
**30 Crunches**  
**20 Squats**  
**10 Push Ups**



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