



July 2018

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



Hours of Operation
Mon-Fri 6 AM - 7 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

BODY WATER INFOGRAPHICS

HOW MUCH DO YOU REALLY NEED?
 3.2 Liters (15 Cups)

8 = 8 (CUPS)

DRINK MORE WATER

65% WATER (BODY)

75% WATER (BRAIN)

83% WATER (LUNGS)

31% WATER (BONES)

79% WATER (KIDNEY)

90% WATER (BLOOD)

64% WATER (SKIN)

79% WATER (MUSCLE)

79% WATER (LIVER)

1/2 (BODY WEIGHT)

1 = 8 (CUPS)

WATER NEEDED PER DAY