



October 2018

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



Hours of Operation
Mon-Fri 6 AM - 7PM
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

What's In Season?

October

www.YellowTurtleFitness.com

Supplies up to a 1/4 of your daily Fiber requirement. Quercetin improves immunity, has antihistamine properties. May help with allergies and asthma. Pears

Grapes Promotes blood sugar balance, increases insulin sensitivity and regulation. High Resveratrol content aids in healthy aging and longevity. Parsnips
 always buy grapes that are Certified Organic.

Beneficial to those with Anemia - rich in Vitamin K, to help blood clot and heal wounds. Folate content doubles Anemia protection. Especially helpful for pregnant women.

Pumpkin Lots of filling Fiber, while being super low in calories - great for Weight Loss efforts! Beta-carotene and plant sterols help prevent certain cancers. Pumpkin seeds are excellent as an LDL cholesterol reducing aid.