

MLK 2009 N Simmons Street Phone (337)491-1497 Fax(337)491-9784 (www.LCward3recreation) Hours of Operation: Mon-Fri 6:00am - 7:00pm

Sun Mon Tue Wed Thu Fri Sat 1. Impact Program 7 6. Weight room/ 2. Weight room/walking 3. Weight room/ 4. Weight room/ 5.Donuts & Devotion walking 6am-7pm 4pm-6pm track 6am-7pm walking 6am-7pm 11:30am-12:30pm Walking 6am-7pm Open play basketball & Open play basketball & comcomputer room 8am-6:45pm Open play basketball Sewing Class Open play basketball & puter 8am-6:45pm Landmark Zydeco computer 8am-6:45pm & computer room 3:30pm-6:30pm 8am-6:45pm Sewing 3:30pm-6:30pm Pop Corn Tuesday Bean Bag Baseball Zydeco Line Dance Chair Exercise Bean Bag Baseball Zvdeco Aerobics Class 10am-12pm 5pm-6pm Class \$1 9am-10am Class \$1 5pm-6pm Classes \$1 10am-12pm 8.Impact Program 9. Weight room/walking 10. Weight room/ 11.Weight room/ 12.Donuts & Devotion 13.Weight room/ 14 track 6am-7pm walking 6am-7pm 4pm-6pm walking 6am-7pm 11:30am-12:30pm Walking 6am-7pm Open play basketball & computer room 8am-6:45pm Open play basketball & Open play basketball Sewing Class Open play basketball & computer 8am-6:45pm Landmark Zydeco & computer room computer 8am-6:45pm 3:30pm-6:30pm 8am-6:45pm Pop Corn Tuesday Sewing 3:30pm-6:30pm Bean Bag Baseball Zydeco Line Dance Chair Exercise Zvdeco Aerobics Class Bean Bag Baseball 9am-10am Class \$1 10am-12pm 5pm-6pm Class \$1 5pm-6pm Classes \$1 10am-12pm 15.Impact Program 17.Green Ice Cream With 18.Weight room/ 19.Donuts & Devotion 20.Weight room/ 21 16. Weight room/walking track 6am-7pm Members walking 6am-7pm 11:30am-12:30pm Walking 6am-7pm 4pm-6pm Pop Corn Tuesday Open play basketball & Zvdeco Aerobics Class 5pm-Open play basketball Sewing Class Open play basketball & computer 8am-6:45pm 6pm Classes \$1 & computer room 3:30pm-6:30pm computer 8am-6:45pm 8am-6:45pm Sewing 3:30pm-6:30pm Bean Bag Baseball Chair Exercise Zvdeco Line Dance Bean Bag Baseball 5pm-6pm Class \$1 9am-10am Class \$1 10am-12pm 10am-12pm 26.Donuts & Devotion 27.Weight room/ 28 22.Impact Program 23. Weight room/walking track 25.Weight room/ 24. Weight room/ 4pm-6pm 6am-7pm walking 6am-7pm walking 6am-7pm 11:30am-12:30pm Walking 6am-7pm Open play basketball & Open play basketball & Open play basketball Open play basketball & Sewing Class computer 8am-6:45pm computer room 8am-6:45pm & computer room 3:30pm-6:30pm computer 8am-6:45pm Sewing 3:30pm-6:30pm Pop Corn Tuesday 8am-6:45pm Zvdeco Line Dance Zvdeco Aerobics Bean Bag Baseball 5pm-6pm Class \$1 Chair Exercise Bean Bag Baseball 10am-12pm Class 5pm-6pm 10am-12pm 9am-10am Class \$1 29.Impact Program 30. Weight room/walking 31.Weight room/ track 6am-7pm walking 6am-7pm 4pm-6pm