



**Ward 3
Recreation
Power Centre**

August 2018

Daily Workout Plan

by Back On Pointe

Sunday

- 45 jumping jacks
- 15 squats
- 5 jump squats
- 50 Russian twists
- 30 seconds plank
- 10 standing calf raises
- 5 kneeling push-ups
- 30 seconds Superman
- 10 lunges (each leg)
- 40 crunches

Monday

- 100 jumping jacks
- 50 crunches
- 20 tricep dips
- 15 squats
- 20 lunges (each leg)
- 70 Russian twists
- 20 standing calf raises
- 5 push-ups
- 30 second plank
- 10 lunge split jumps

Tuesday

- 80 jumping jacks
- 50 vertical leg crunches
- 20 sit-ups
- 15 tricep dips
- 20 squats
- 10 side lunges (each leg)
- 15 leg lifts (each leg)
- 50 bicycles
- 15 wall push-ups
- 40 Russian twists

Wednesday

- 90 jumping jacks
- 20 knee dips
- 10 sit-ups
- 30 bird-dogs
- 30 seconds plank
- 30 squats
- 15 incline push-ups
- 40 crunches
- 10 oblique crunches (each side)
- 20 standing calf raises

Thursday

- 100 jumping jacks
- 25 vertical leg crunches
- 30 crunches
- 20 squats
- 20 wall push-ups
- 50 Russian twists
- 15 seconds side plank (each side)
- 10 lunge split jumps
- 5 jump squats
- 40 high knees

Friday

- 60 jumping jacks
- 40 crunches
- 10 sit-ups
- 10 tricep dips
- 20 side lunges (each side)
- 15 incline push-ups
- 10 oblique crunches (each side)
- 30 butt kickers
- 5 jump squats
- 15 tuck knife sit-ups

Saturday

- 50 jumping jacks
- 20 squats
- 100 Russian twists
- 5 kneeling push-ups
- 1 minute downward dog
- 15 tuck knife sit-ups
- 10 lunges (each leg)
- 10 side lunges (each side)
- 20 bird-dogs
- 20 inner thigh lifts (each leg)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8AM YOGA 8:30AM ZUMBA GOLD 9:30A ENSEMBLE PRACTICE 5PM SPIN 6:30PM ZUMBA	2 8AM BEANBAG 9AM LINE DANCE 5PM SPIN 530PM SCULPT & CORE 5:30PM YOGA	3 5:15AM EARLYBIRD SPIN 8AM BEANBAG BASEBALL 9AM GET LOW	4
5	6 8AM YOGA 9AM SR SPIN 9AM LINE DANCE 5PM SPIN 5:30PM P/T 30 6:00PM PILATES	7 8AM YOGA 9 AM GET LOW 5PM SPIN 5:30PM HIP HOP	8 8AM YOGA 8:30AM ZUMBA GOLD 5PM SPIN 6:30PM ZUMBA	9 8AM BEANBAG 9AM LINE DANCE 5PM SPIN 530PM SCULPT & CORE 5:30PM YOGA	10 5:15AM EARLYBIRD SPIN 8AM BEANBAG BASEBALL 9AM GET LOW	11 Walking Track Closed No Free Play
12 Walking Track Closed No Free Play	13	14	15 Eye Health Seminar	16	17	18 Sickle Cell Walk No Free Play
<div style="display: flex; justify-content: space-around; align-items: center;"> <h1 style="margin: 0;">NO CLASSES</h1> </div> <h1 style="margin-top: 10px;">INSTRUCTORS VACATION</h1>						
19	20	21	22	23	24	25
26	27 8AM YOGA 9AM SR SPIN 9AM LINE DANCE 5PM SPIN 5:30PM P/T 30 6:00PM PILATES	28 8AM YOGA 9 AM GET LOW 5PM SPIN 5:30PM ZYDECO	29 8AM YOGA 8:30AM ZUMBA GOLD 5PM SPIN 6:30PM ZUMBA	30 8AM BEANBAG 9AM LINE DANCE 5PM SPIN 530PM SCULPT & CORE 5:30PM YOGA	31 5:15AM EARLYBIRD SPIN 8AM BEANBAG BASEBALL 9AM GET LOW	

Hours of Operation
Mon-Fri 5 AM - 8 PM
Saturday 8AM - 2 PM
Sunday 1PM-5PM
LC Ward 3 Recreation
3210 Power Centre Parkway
Lake Charles, LA 70605
337-990-0112
www.lcward3recreation.com

