

# February



# 2018

Sun	Mon	Tue	Wed	Thu	Fri	MEETINGS Sat
<p>If you can't fly, then <b>run</b>. If you can't run, then <b>walk</b>. If you can't walk, then <b>crawl</b>, but by all means, <b>keep moving</b>. - Martin Luther King Jr.</p> 		<p><b>HAPPY BLACK HISTORY MONTH!</b></p>		<p>1 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT &amp; CORE 5:30PM YOGA(ROSE)</p>	<p>2 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW</p>	<p>3</p>
<p>4 <b>R</b></p>	<p>5 8 AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES</p>	<p>6 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO/HIP HOP 6PM YOUTH COACHES MEETING</p>	<p>7 8AM YOGA 8:30AM ZUMBA (PEGGY) 5PM SPIN(KISHA) 6:30PM ZUMBA</p>	<p>8 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT &amp; CORE 5:30PM YOGA(ROSE)</p>	<p>9 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW 6:30PM-7:30PM AKA</p>	<p>10</p>
<p>11 <b>E</b></p>	<p>12 8 AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES</p>	<p>13 <b>MARDI GRAS</b> 5AM-2PM <b>NO CLASSES</b></p>	<p>14  8AM YOGA 8:30AM ZUMBA (PEGGY) 5PM SPIN(KISHA) 6:30PM ZUMBA Happy Valentine's Day</p>	<p>15 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT &amp; CORE 5:30PM YOGA(ROSE)</p>	<p>16 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW</p>	<p>17 <b>YOUTH BASKETBALL</b> <b>OPENING DAY!</b> <b>WALKING TRACK</b> <b>CLOSED</b> <b>FEBRUARY 17-April 7</b> <b>Saturdays ONLY</b></p>
<p>18 <b>S</b></p>	<p>19 8 AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES</p>	<p>20 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO/HIP HOP  ST. LOUIS TENNIS MATCH</p>	<p>21 8AM YOGA 8:30AM ZUMBA (PEGGY) 5PM SPIN (KISHA) 6:30PM ZUMBA</p>	<p>22 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT &amp; CORE 5:30PM YOGA(ROSE) ST. LOUIS TENNIS MATCH</p>	<p>23 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW 9AM HEART HEALTHY SENINAR</p>	<p>24 <b>12:30PM THICKER</b> <b>THAN WATER</b> <b>WALKING TRACK</b> <b>CLOSED</b> <b>FEBRUARY 17-April 7</b> <b>Saturdays ONLY</b></p>
<p>25 <b>T</b></p>	<p>26 8 AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN(CURTIS) 5:30PM P/T 30 6:00PM PILATES</p>	<p>27 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO/HIP HOP</p>	<p>28 8AM YOGA 8:30AM ZUMBA (PEGGY) 5PM SPIN(KISHA) 6:30PM ZUMBA</p>	 <p>We don't <b>HIDE</b> the crazy. We <b>PARADE</b> it down the street.</p>		<p><b>DON'T FORGET ABOUT THE</b> <b>WALKING TO NEW ORLEANS</b> <b>FITNESS CHALLENGE!</b> <b>LOG YOUR MILES!!</b></p>



**Hours of Operation**  
**Mon-Fri 5AM - 8PM**  
**Saturday 8AM - 2PM**  
**Sunday 1PM-5PM**

**WALKING TRACK CLOSED**  
**FEBRUARY 17-April 7**  
**SATURDAYS ONLY**

**Lake Charles**  
**Ward 3 Recreation**  
**Power Centre Location**  
**3210 Power Centre Parkway**  
**Lake Charles, LA 70607**  
**337-990-0112**  
**www.lcward3recreation.com**



**NATIONAL HEART MONTH**

**YOUR AMAZING HEART**

Your heart will do the most work of any muscle in a lifetime.



Even at rest, your heart works harder than the leg muscles of a person sprinting.

At rest, it takes only **16 SECONDS** for blood to go from the heart to the toes and then travel all the way back to the heart.



**LAUGHTER** may really be the best medicine. A good, hard laugh can send **20% MORE** blood through your body and relax your blood vessel walls.



**Gender can affect your heart.** A woman's heart while smaller, will beat faster on average than a man's.



A healthy heart will pump **20,000 gallons** of blood through **60,000 miles** of blood vessels each day.

