

January 2018

CLASS/CLASS TIME/INSTRUCTOR

Day	Class/Time/Instructor	Class/Time/Instructor	Class/Time/Instructor	Class/Time/Instructor	Class/Time/Instructor	Class/Time/Instructor
Sunday	REST	REST	REST	REST	REST	REST
Monday	8AM YOGA (CHRIS)	9AM SR. SPIN (CHRIS)	9AM LINE DANCE	5:00PM SPIN (CURTIS)	5:30PM PT30 (MASON)	6PM PILATES (MASON)
Tuesday	YOGA (HILL)	GET LOW (LEE)	5:00PM SPIN (CHRIS)	ZYDECO FITNESS/HIP HOP	6:30PM BUTI YOGA (EMILY)	
Wednesday	YOGA (CHRIS)	8:30AM ZUMBA GOLD(PEGGY)	SPIN (KISHA)		ZUMBA	
Thursday	BEANBAG BASEBALL	9AM LINE DANCE	SPIN (CHRIS)	SCULPT-N-CORE (CHARLOTTE)	5:30PM YOGA (ROSE HENNY)	
Friday	EARLYBIRD SPIN (SHAWNA)	BEANBAG BASEBALL	GET LOW (LEE)			
Saturday	KEEP YOUR CARDIO UP!	WALK	RUN	DO AN EXERCISE VIDEO!	DON'T SIT!	LETS MOVE!!

Members: All classes are \$1.00
Non-Members: Classes are \$5.00



www.lcward3recreation.com

Lake Charles Ward 3 Recreation
3210 Power Centre Parkway
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Apps & Info to make GYM LIFE easier:

Music: Pandora
Walking App: Pacer
Scan Card App: Key Ring
Tracking Calories: Calorie Counter
Android & Apple Friendly
FREE WIFI



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