

**SCHOOL'S OUT!
SUMMERS HERE!**

Aerobics June 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		CANCELLED CLASSES: JUNE 6TH ZUMBA GOLD JUNE 11TH LINE DANCE JUNE 12TH GET LOW JUNE 13TH ZUMBA GOLD			1	2
					Walking Track Closed	Walking Track Closed
3	4	5	6	7	8	9
	8AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO STROKE N TURN CLINIC 6-730PM	8AM YOGA 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL) 9:45A Morning Movie 6-8P Gridiron Rehearsal	8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW AKA MEETING	
10	11	12	13	14	15	16
	8AM YOGA(CHRIS) 9AM SR SPIN 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	8AM YOGA(HILL) 5PM SPIN(CHRIS) 5:30PM HIP HOP MCNEESE BB CAMP 6-8P Gridiron Rehearsal	8AM YOGA 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL) MCNEESE BB CAMP 6-8P Gridiron Rehearsal	8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	
17	18	19	20	21	22	23
	8AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES 1-3P WARD 3 BB CAMP	8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO 5:30P-BOARD MEETING 1-3P WARD 3 BB CAMP	8AM YOGA 8:30AM ZUMBA GOLD (PEGGY) 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL) 1-3 PWARD 3 BB CAMP Senior on the Move	8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	THICKER THAN WATER
24	25	26	27	28	29	30
	8AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM HIP HOP 6-8P Gridiron Rehearsal	8AM YOGA 8:30AM ZUMBA GOLD (PEGGY) 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL) 6-8P Gridiron Rehearsal	8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag 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



SPRING & SUMMER FRUITS & VEGGIES:
 snow peas, broccoli, greens, asparagus, strawberries & spinach. Peppers, cucumbers, cherries, melons, grapes, ber-

FLAT TUMMY WATER

stepintomygreenworld.com

6 cups filtered water
 1 Tbsp grated ginger
 1 cucumber, sliced
 1 lemon, sliced
 1/3 cup mint leaves

Let the mixture infuse overnight
 Drink it all the next day

