



Good Friday



Easter March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
Walking to New Orleans Challenge ends March 5th! Walking Track Closed Saturdays ONLY February 17-April 15 Easter Holiday Hours: Closed March 30-April 1st Friday-Sunday; Facility Open Monday April 2nd at 5:00am						1 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA (ROSE)	2 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	3 WALKING TRACK CLOSED EVERY SATURDAY!
4	5 8AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	6 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM HIP HOP	7 8AM YOGA 8:30AM ZUMBA GOLD (PEGGY) 10:00AM Dominoes 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	8 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA (ROSE)	9 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	10 8-2 Basketball League		
11 Change your Clocks! 	12 8 AM YOGA (CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	13 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO	14 8AM YOGA 8:30AM ZUMBA GOLD (PEGGY) 10:00AM Dominoes 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	15 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA (ROSE)	16 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	17 8-2 Basketball League 		
18	19 8 AM YOGA (CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	20 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM HIP HOP	21 8AM YOGA 8:30AM ZUMBAGOLD (PEGGY) 10:00AM Dominoes 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	22 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA (ROSE)	23 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	24 8-2 Basketball League		
25 Palm Sunday 	26 8 AM YOGA (CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	27 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO	28 8AM YOGA 8:30AM ZUMBA GOLD(PEGGY) 10:00AM Dominoes 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	29 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA (ROSE)	30 CLOSED 	31 CLOSED 		

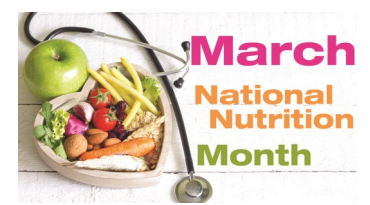


Hours of Operation
Mon-Fri 5 AM - 8PM
Saturday 8AM - 2PM
Sunday 1 PM - 5PM

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



Workplace Eye Wellness Month



March is National Nutrition Month
Eat Right!