



Lake Charles Ward 3 Recreation
3210 Power Centre Parkway
Lake Charles, La 70607
337.990.0012



Lake Charles Recreation
Ward 3
Website: lcward3recreation.com

Sun Mon Tue Wed Thu Fri Sat

21ST CROCHETING CLUB 1230-330 (MEET IN GAME ROOM)	21ST BOARD MEETING	25TH THICKER THAN WATER	28TH SWIM REGISTRATION 230-4P	8AM YOGA ZUMBA GOLD 5PM SPIN	2 8AM BEANBAG 4PM-H/R MEETING 5PM SPIN 530PM ZUMBA	3 5:15AM Early bird Spin 8A BEANBAG BASEBALL 9AM GET LOW	4
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5 EVERY DAY IS ANOTHER CHANCE TO GET STRONGER TO EAT BETTER TO LIVE HEALTHIER AND TO BE THE BEST VERSION OF YOU	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 KONCRETE ROSE HIIT	8 8AM YOGA 8:30AM ZUMBA GOLD 5PM SPIN	9 8AM BEANBAG 5PM SPIN 530PM ZUMBA	10 5:15AM Early bird Spin 8A BEANBAG BASEBALL 9AM GET LOW	11
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LOOK IN THE MIRROR... THATS YOUR COMPETITION. BAD WORKOUT IS THE ONE THAT DID NOT HAPPEN	13 8AM YOGA 9AM SR SPIN 9AM LINE DANCE 5PM SPIN 5:30PM P/T 30 6:00PM PILATES	14 8AM YOGA 9 AM GET LOW 5PM SPIN 5:30PM ZYDECO	15 8AM YOGA 8:30AM ZUMBA GOLD 5PM SPIN	16 8AM BEANBAG 5PM SPIN 530PM ZUMBA	17 5:15AM Early bird Spin 8A BEANBAG BASEBALL 9AM GET LOW	18
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20 8AM YOGA 9AM SR SPIN 9AM LINE DANCE 5PM SPIN 5:30PM P/T 30 6:00PM PILATES	21 8AM YOGA 9 AM GET LOW 5PM SPIN 5:30PM KONCRETE ROSE HIIT	22 8AM YOGA 8:30AM ZUMBA GOLD 5PM SPIN	23 8AM BEANBAG 10A-SENIORS ON THE MOVE CRAWFISH BOIL 5PM SPIN 530PM ZUMBA	24 5:15AM Early bird Spin 8A BEANBAG BASEBALL 9AM GET LOW	25 1ST TRACK MEET
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My run may be slow and my weights might be Light. BUT I am a WINNER. EVERY DAY I Show Up!	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	30 5PM SPIN NO CLASSES TRACK CLOSSES AT 7:30A	31 NO CLASSES TRACK CLOSSES AT 7:30A	JUNE 1ST WALKING TRACK CLOSED (ALL DAY)
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