



October 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	2 YOGA 8A GET LOW 9A SPIN 5P HIP HOP 6P	3 YOGA 8A ZUMBA GOLD 8:30A Musical Ensemble 9:30AM SPIN 5P SCULPT N CORE 6P	4 BBB 8A LINE DANCE 9A SPIN 5P ZUMBA 530-615P YOGA 5:30P	5 EARLY BIRD 5:15A BBB 8A GET LOW 9A FREE PLAY BASKETBALL 4P-7:30P	6
7	8 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	9 YOGA 8A GET LOW 9A Top Ladies 3p-5:30p SPIN 5P ZYDECO 530P	10 YOGA 8A ZUMBA GOLD 8:30A Musical Ensemble 9:30AM SPIN 5P KICKIN ABS 6P	11 BBB 8A LINE DANCE 9A SPIN 5P ZUMBA 530-615P YOGA 5:30P	12 EARLY BIRD 5:15A BBB 8A GET LOW 9A FREE PLAY BASKETBALL 4P-7:30P	13 ANTI-BULLY WALK @ LCB 8-11A
14	15 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	16 YOGA 8A GET LOW 9A SPIN 5P HIP HOP 6P	17 BREAST CANCER WALK 9A SPIN 5P SCULPT N CORE 6P	18 BBB 8A LINE DANCE 9A SPIN 5P ZUMBA 530-615P YOGA 5:30P	19 EARLY BIRD 5:15A BBB 8A GET LOW 9A FREE PLAY BASKETBALL 4P-7:30P	20
21	22 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	23 YOGA 8A GET LOW 9A SPIN 5P ZYDECO 530P	24 YOGA 8A ZUMBA GOLD 8:30A Musical Ensemble 9:30AM SPIN 5P KICKIN ABS 6P	25 BBB 8A LINE DANCE 9A SPIN 5P ZUMBA 530-615P YOGA 5:30P	26 EARLY BIRD 5:15A WALKING TRACK CLOSED NO CLASSES NURSING HOME OLYMPICS 10A-2:30P	27
28	29 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	30 YOGA 8A GET LOW 9A SPIN 5P HIP HOP 6P	31 YOGA 8A ZUMBA GOLD 8:30A HALLOWEEN MOVIE 9:30AM SPIN 5P SCULPT N CORE 6P			



Hours of Operation
 MON-FRI-5A-8P
 SATURDAY 8A-2P
 SUNDAY 1P-5P




Lake Charles Ward 3 Recreation



Lake Charles Ward 3 Recreation
 Breast Cancer Awareness Walk
 New Power Centre Outdoor
 Walking Trail
 9:00AM
 1mile Walk
 Come Join Us!!!

31-DAY FULL BODY FITNESS CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5 PUSH-UPS 10 TRICEP DIPS	10 LUNGES 10 SQUATS	3 BURPEES :30 PLANK	10 PUSH-UPS 10 SUPERMANS	10 DONKEY KICKBACKS 2 :30 WALL SIT	OFF	4 BURPEES :45 PLANK
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
12 PUSH-UPS 12 TRICEP DIPS :30 BUTT KICKS	10 STEP-UPS 10 FIRE HYDRANTS 5 JUMP SQUATS	5 BURPEES 1:00 PLANK	OFF	14 PUSH-UPS 12 SUPERMANS 2 :30 JUMPING JACKS	12 LUNGES 10 SPLIT SQUATS 2 :30 WALL SIT	6 BURPEES 1:00 PLANK :30 L PLANK :30 R PLANK
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
OFF	10 NARROW PUSH-UPS 10 TRICEP DIPS 10 PLANK SHOULDER TAPS	15 SQUATS 15 STEP-UPS 7 JUMP SQUATS	7 BURPEES 1:00 PLANK :45 L PLANK :45 R PLANK	10 INCLINE PUSH-UPS 12 SUPERMANS 3 :30 MOUNTAIN CLIMBERS	10 REVERSE LUNGES 10 STEP-UPS 4 :30 WALL SITS	OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
8 BURPEES 1:15 PLANK 10 MOVING PLANKS	15 PUSH-UPS 15 TRICEP DIPS 10 PLANK SHOULDER TAPS	15 SPLIT SQUATS 15 DONKEY KICKBACKS 7 JUMP SQUATS	9 BURPEES 1:15 PLANK :45 L PLANK :45 R PLANK	OFF	12 NARROW PUSH-UPS 15 SUPERMANS 4 :30 MOUNTAIN CLIMBERS	15 REVERSE LUNGES 15 SQUATS 5 :30 WALL SITS
DAY 29	DAY 30	DAY 31				
10 BURPEES 1:30 PLANK 15 MOVING PLANKS	20 PUSH-UPS 20 TRICEP DIPS 20 SUPERMANS 5 :30 MOUNTAIN CLIMBERS	20 STEP-UPS 20 SQUATS 20 LUNGES 10 JUMP SQUATS				