



September 2019

Website: lcward3recreation.com Facebook page: LC Ward 3 Power Centre

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|--|---|
| 1 | 2 LABOR DAY HOURS 5A-5P NO CLASSES | 3 8AM YOGA 9 AM GET LOW | 4 8AM YOGA 8:30AM ZUMBA GOLD | 5 8AM BEANBAG 9AM-JEWELRY CRAFTS | 6 5:15AM EARLY SPIN 8A BEANBAG BASE-BALL | 7 |
|  | 9 8AM YOGA 9 AM SR SPIN 9 AM LINE DANCE 5PM SPIN | 10 8AM YOGA 9 AM GET LOW 5PM SPIN | 11 8AM YOGA 8:30AM ZUMBA GOLD 5PM SPIN | 12 8AM BEANBAG 5PM SPIN Sheriff's BINGO at Enos 10am | 13 5:15AM EARLY SPIN 8A BEANBAG BASE-BALL 9AM GET LOW | 14 |
| | 16 8AM YOGA 9 AM SR SPIN 9 AM LINE DANCE 5PM SPIN | 17 8AM YOGA 9 AM GET LOW | 18 8AM YOGA 8:30AM ZUMBA GOLD | 19 8AM BEANBAG 9AM-JEWELRY CRAFTS | 20 5:15AM EARLY SPIN 8A BEANBAG BASE-BALL | 21 |
|  | 22 | 23 8AM YOGA 9 AM SR SPIN AM LINE DANCE 5PM SPIN | 24 8AM YOGA 9 AM GET LOW | 25 8AM YOGA 8:30AM ZUMBA GOLD | 26 8AM BEANBAG 5PM SPIN 530PM ZUMBA | 27 5:15AM EARLY SPIN 8A BEANBAG BASE-BALL |
| |  | 30 8AM YOGA 9 AM SR SPIN AM LINE DANCE 5PM SPIN |  | | 12 th Sheriff's BINGO at Enos 10am 18 th Board Meeting 21 st Women's Commission Basket Making Session 930am-1pm 27 th Cajun Elite Volleyball (walking track closed) 28 th Cajun Elite Volleyball (walking track closed) | |