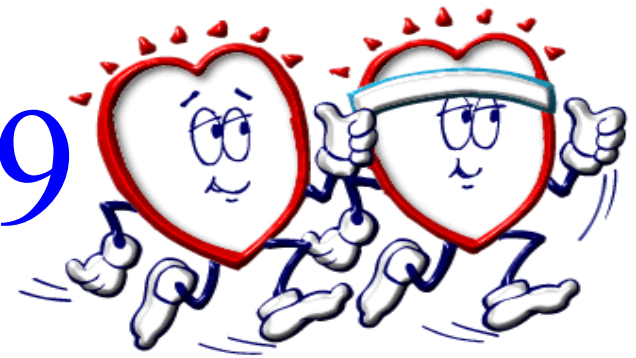


January 2019

NEW YEAR

FRESH START!



Exercise
TO BE FIT NOT 'SKINNY'

Eat TO NOURISH
YOUR BODY

AND ALWAYS... **Ignore**
THE HATERS, DOUBTERS &
UNHEALTHY EXAMPLES THAT
WERE ONCE FEEDING YOU.

You ARE WORTH MORE
THAN YOU REALISE.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Hours of Operation</u> Monday- Friday 5am-7pm Saturday 8am-2pm		1 <i>Happy New Year</i>	2 9am Walk away lbs. 1015am Bean Bag	3 9am Walk away lbs. 1030am Yoga	4 9am Walk away lbs. 1015am Bean Bag	5 <i>Fitness Expo PC</i> 10am-1pm
6	7 9am Walk away lbs. 1015am Bean Bag	8 9am Walk away lbs. 1030am Yoga	9 9am Walk away lbs. 1015am Bean Bag	10 9am Walk away lbs. 1030am Yoga	11 9am Walk away lbs. 1015am Bean Bag	12
13	14 9am Walk away lbs. 1015am Bean Bag	15 9am Walk away lbs. 1030am Yoga	16 9am Walk away lbs. 1015am Bean Bag	17 9am Walk away lbs. 1030am Yoga	18 9am Walk away lbs. 1015am Bean Bag	19
20	21  Closed	22 9am Walk away lbs. 1030am Yoga	23 9am Walk away lbs. 1015am Bean Bag	24 9am Walk away lbs. 1030am Yoga	25 9am Walk away lbs. 1015am Bean Bag	26
27	28 9am Walk away lbs. 1015am Bean Bag	29 9am Walk away lbs. 1030am Yoga	30 9am Walk away lbs. 1015am Bean Bag 1130am Pre- Planning Workshop	31 9am Walk away lbs. 1030am Yoga		

**Lake Charles
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Miller
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Lake Charles,
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(337) 502-5231**

Health & Lifestyle

FOOD GUIDE FOR HEALTHY EATING

