





University Park
 1001 Central Parkway
 phone: (337) 475-2431 fax (337) 602-6215
 (www.lcward3recreation)

Hours of Operation : Mon– Fri. 8:00am-1:00pm (closed Sat. & Sun.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					¹ 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm	² 
³ closed	⁴ 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm	⁵ 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	⁶ Free Blood pressure 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class	⁷ 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	⁸ 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm	⁹ closed
¹⁰ closed	¹¹ 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm	¹² 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	¹³ 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50	¹⁴ 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds 	¹⁵ 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm	¹⁶ closed
¹⁷ closed	¹⁸ 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:45pm	¹⁹ 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	²⁰ 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class Birthday cake	²¹ 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	²² 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm	²³ closed
²⁴ closed	²⁵ 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class Movie and popcorn	²⁶ 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	²⁷ 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm Free Arts & Craft	²⁸ 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds		