




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.)

All Exercise classes are \$1

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30am-9:30am Zumba gold  11:30am-12:00pm Zydeco line dance	2 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Chair class	3 9:00am-10:00am Pilates  10:00am-11:00am Walk away pounds	4 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	5   closed
6   closed	7 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm Senior Bingo (U.P.)	8 8:30am-9:30am Zumba gold  11:30am-12:30pm Zydeco line dance	9 Free Blood pressure 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05-12:45pm	10 9:00am-10:00am Pilates  10:00am-11:00am Walk away pounds	11 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	12   closed
13   closed	14 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm Free Arts & Crafts	15 8:30am-9:30am Zumba gold  11:30am-12:30pm Zydeco line dance	16 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50 Free Arts & Crafts	17 9:00am-10:00am Pilates  10:00am-11:00am Walk away pounds	18 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	19   closed
20   closed	21 MLK Birthday closed  	22 8:30am-9:30am Zumba gold  11:30am-12:30pm Zydeco line dance	23 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class Birthday cake	24 9:00am-10:00am Pilates  10:00am-11:00am Walk away pounds	25 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm	26   closed
27   closed	28 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:05pm Free computer class	29 8:30am-9:30am Zumba gold  11:30am-12:30pm Zydeco line dance	30 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class 11:05am-12:50pm Free Arts & Craft	31 9:00am-10:00am Pilates  10:00am-11:00am Walk away pounds		