



University Park
 1001 Central Parkway
 phone: (337) 475-2431 fax 602-6215 (www.lcward3recreation)
 Hours of Operation : Mon.-Fri. 8:00am-1:00pm (closed Sat. & Sun)

Sun

Mon


Tue

Wed

Thu

Fri

Sat

1	2 <i>Closed</i> 	3 8:30am-9:30am <i>Zumba gold</i> 11:30am-12:30pm <i>Zydeco line dance</i>	4 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i>	5 9:00am-10:00am <i>Pilates</i> 10:00am-11:00am <i>Walk away pounds</i>	6 9:00am-10:00am <i>Flexibility, Balance</i> 11:05am-12:05pm <i>Chair class</i>	7 <i>closed</i>
8 <i>Grandparents day</i> <i>closed</i>	9 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i>	10 8:30am-9:30am <i>Zumba gold</i> 11:30am-12:30pm <i>Zydeco line dance</i>	11 BIRTHDAY CAKE 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i>	12 9:00am-10:00am <i>Pilates</i> 10:00am-11:00am <i>Walk away pounds</i>	13 9:00am-10:00am <i>Flexibility, Balance</i> 11:05am-12:05pm <i>Chair class</i>	14 <i>closed</i>
15 <i>closed</i>	16 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i> <i>Free Arts & Crafts</i>	17 8:30am-9:30am <i>Zumba gold</i> 11:30am-12:30pm <i>Zydeco line dance</i>	18 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i> 11:05am-12:50 <i>Free Computer class</i>	19 9:00am-10:00am <i>Pilates</i> 10:00am-11:00am <i>Walk away pounds</i>	20 9:00am-10:00am <i>Flexibility, Balance</i> 11:05am-12:05pm <i>Chair class</i>	21 <i>closed</i>
22 <i>closed</i>	23 First day Autumn 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i> (Senior BINGO)	24 8:30am-9:30am <i>Zumba gold</i> 11:30am-12:30pm <i>Zydeco line dance</i>	25 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i>	26 9:00am-10:00am <i>Pilates</i> 10:00am-11:00am <i>Walk away pounds</i>	27 9:00am-10:00am <i>Flexibility, Balance</i> 11:05am-12:05pm <i>Chair class</i>	28 <i>closed</i>
29 <i>closed</i>	30 9:00am-10:00am <i>Flexibility, Balance</i> 10:00am-11:00am <i>Chair class</i>					