

April 2018



**Hours of Operation**  
**Mon-Fri 8 AM - 1 PM**  
**Closed on Saturday**  
**Closed on Sundays**  
**University Park**  
**1001 Central Parkway**  
**LakeCharle, LA.70601**  
[www.lcward3recreation.co](http://www.lcward3recreation.co)  
**337 475-2431**

	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
1 closed Easter	2 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class	3 8:30am-9:30am Zumba gold 10:30am-11:30 Zydeco line dance	4 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class	5 9:00am-10:00am Pilates April Birthdays	6 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm chair exercise	7 Closed
8 Closed	9 9:00am-10:00am Flexibility , Balance and Strenght 10:00am-11:00am Free Chair class, safty falling class 11:00am-1:00pm Arts & Craft	10 8:30am-9:30am Zumba gold coffee talk 10:30am-11:30 noon Zydeco line dance	11 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair class, safty falling Birthday Cake	12 9:00am- 10:00am Pilates 10:00am- -11:00am Step class	13 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free Chair class,safty fallingclass 12:05pm-1:00pm Arts & Craft	14 Closed
15 Closed	16 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair Exercise 11:15am-1:00pm senior Binhgo	17 8:30am-9:30pm Zumba gold coffee talk 10:30am-11:30 noon zydeco line dance	18 9:00am-10:00am Flexibility, Balance 10:00am Free Blood pressure check Heart Issues 10:10am-11:00am Free Chair exercise	19 9:00am-10:00am Pilates 10:00am-11:00am Step class	20 9:00am-10:00am Line dance 10:00am-11:00am Flexibility,Balance 11:05am-12:05pm Free Chair exercise	21 Closed
22 closed Earth Day	23 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:05am-1:00pm Movie and pop corn	24 8:30am-9:30am Zumba gold Coffee Talk 10:30am-11:30 noon zydeco line dance	25 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Movie and Popcorn	26 9:00am-10:00am Pilates 10:00am-11:00am Step class	27 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05-12:05 Free Chair exercise Health talk	28 Closed
29 Closed	30 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair class 11:00am- 12:30pm Free computer class					

