

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Closed			1 August Birthdays 9:00am- 10:00am Flexibility, Balance 10:00am-11:00am Free chair exercise	2 9:00am- 10:00am Pilates 10:00am-11:00am Step class	3 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm chair exercise	4 Closed
5 Closed	6 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair class, safty falling 11:05am-12:55pm Movie and popcorn	7 (Stephanie Birthday) 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance	8 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair class, safty falling Birthday Cake	9 9:00am- 10:00am Pilates 10:00am- -11:00am Step class	10 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free Chair class,safty falling	11 Closed
12 Closed	13 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class 11:05am-12:05pm senior Bingo	14 8:30am-9:30pm Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance	15 9:00am-10:00am Flexibility, Balance 10:00am Free Blood pressure check Heart Issues 10:10am-11:00am Free Chair exercise	16 9:00am-10:00am Pilates 10:00am-11:00am Step class	17 9:00am-10:00am Line dance 10:00am-11:00am Flexibility,Balance 11:05am-12:05pm Free Chair exercise	18 Closed
19 Closed	20 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:05am-1:00pm Movie and popcorn	21 8:30am-9:30am Zumba gold coffee Talk 11:30am-12:30 noon zydeco line dance	22 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Movie and popcorn	23 9:00am-10:00am Pilates 10:00am-11:00am Step class	24 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05-12:05pm Free Chair exercise	25 Closed
26 Closed	27 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class Free computer class 11:05am -12:05pm	28 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30pm zydeco line dance	29 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair exercise	30 9:00am-10:00am Pilates 10:00am-11:00am Step Class	31 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free chair exercise	

August 2018



Hours of Operation

Mon-Fri 8 AM - 1 PM

Saturday Closed on Sundays

Closed

University Park

1001 Central Parkway

LakeCharle, LA.70601

www.lcward3recreation.com

337 475-2431

