

December 2017



Hours of Operation
Mon-Fri 8 AM - 1 PM
Closed on Saturday
Closed on Sundays

University Park
1001 Central Parkway
Lake Charles, LA 70605
337-475-2431

www.lcward3recreation.com

	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
					1 December Birthdays 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance and Strength 11:05am-12:05pm chair exercise	2 Closed
3 Closed	4 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Free Chair exercise	5 8:30am-9:30am Zumba gold coffee talk 10:30am-11:30am Walk Away pounds	6 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	7 9:00am- 10:00am Pilates 10:30am-11:30am Beginners line dance Walk away pounds 11:35 -12:35pm	8 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength 11:05am-12:05pm Chair class	9 Closed
10 Closed	11 8:30am- 9:30am Flexibility, Balance and Strength 10:00am-11:00am Free Chair exercise 11:05am-12:15pm Senior safty talk Sheiff Dept. Lt. Steward	12 8:30am-9:30am Zumba gold Coffee Talk 10:30am-11:30am Walk away pounds	13 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise Jessica Duhon Healthy Living	14 9:00am-10:00am Pilates 10:30am-11:30am Beginners line dance Walk away pounds 11:35am-12:35pm	15 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength 11:05am-12:05pm Free Chair exercise	16 Closed
17 Closed	18 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Free Chair exercise Christmas Dinner Birthday Cake	19 8:30am-9:30am Zumba gold Coffee Talk 10:30am-11:30am Walk away pounds	20 8:30am- 9:30am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	21 9:00am-10:00am Pilates 10:30am-11:30am Beginners line dance Walk away the pounds 11:35am-12:53pm	22 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength 11:05am- 12:05pm Chair class	23 Closed
24 Closed	25 Closed Christmas Merry Christmas To you and your Family From: University Park & Staff	26 8:30am-9:30am Zumba gold Coffee talk 10:30am-11:30am Walk away pounds	27 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	28 9:00am-10:00am Pilates 10:30am-11:30am Beginners line dance 11:35am-12:35pm Walk away the pounds	29 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05-12:05pm Chair class	30 Closed
31 Closed						