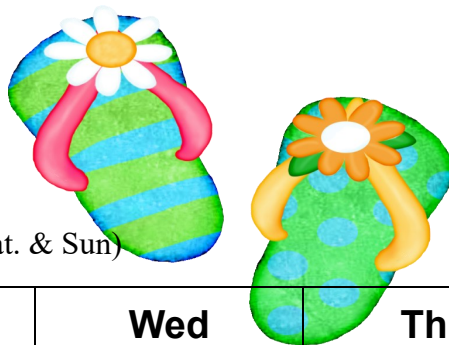


University Park

1001 Central Parkway
 phone: (337) 475-2431 fax 602-6215
 (www.lcward3recreation)

Hours of Operation : Mon.-Fri. 8:00am-1:00pm (Closed Sat. & Sun)



June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9am-10am Flexibility, Balance 10am-11am Chair class	4 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	5 9am-10am Flexibility , Balance 10am-11am Chair class	6 9am-10am Pilates 10am-11am Walk away pounds	7 10am-11am Flexibil- ity, Balance 11:05am12:05pm Chair class	8
9	10 9am-10am Flexibility, Balance 10am-11am Chair class after Senior Bin- go (U.P.)	11 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	12 9am-10am Flexibility , Balance 10am-11am Chair class	13 9am-10am Pilates 10am-11am Walk away pounds	14 10am-11am Flexibil- ity, Balance 11:05am12:05pm Chair class	15
16 Happy Fathers Day! ★	17 9am-10am Flexibility, Balance 10:00am-11:00am Chair class	18 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	19 9am-10am Flexibility , Balance 10am-11am Chair class	20 9am-10am Pilates 10am-11am Walk away pounds	21 10am-11am Flexibil- ity, Balance 11:05am12:05pm Chair class	22
23	24 9am-10am Flexibility, Balance 10am-11am Chair class	25 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	26 9am-10am Flexibility , Balance 10am-11am Chair class	27 9am-10am Pilates 10am-11am Walk away pounds	28 10am-11am Flexibil- ity, Balance 11:05am12:05pm Chair class	29
30						