

January 2018



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 Closed New Years	2 January Birthdays 8:30am-9:30am Zumba gold Coffee talk	3 9:30am-10:00am Jessica Duhon Healthy Living class 10:00am-11:00am Free chair exercise Birthday cake & coffee	4 9:00am-10:00am Pilates 11:35am-12:35pm Walk away the pound	5 9:00am-10:00am Line Dance 1 11:05am-12:05pm chair exercise	6 Closed
7 Closed	8 9:00am-10:00am Flexibility , Balance and Strenght 10:00am-11:00am Free Chair exercise 11:00am-1:00pm New Arts & Craft	9 8:30am-9:30am Zumba gold coffee talk	10 10:00am-11:00am Free Chair exercise 11:00am-12:00pm Arts & Crafts	11 9:00am- 10:00am Pilates Walk away pounds 11:35 -12:35pm	12 9:00am-10:00am Line dance 11:05am-12:05pm Chair class	13 Closed
14 Closed	15 Closed MLK Birthday	16 8:30am-9:30am Zumba gold Coffee Talk	17 Jessica Duhon 9:30am-10:00am Healthy Living class Free Blood presure 10:00am-11:00am Free Chair exercise	18 9:00am-10:00am Pilates Walk away pounds 11:35am-12:35pm	19 9:00am-10:00am Line dance 11:05am-12:05pm Free Chair exercise	20 Closed
21 Closed	22 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:00am-1:00pm Finishing Arts & Craft Class	23 8:30am-9:30am Zumba gold Coffee Talk	24 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Movie and Popcorn	25 9:00am-10:00am Pilates Walk away the pounds 11:35am-12:53pm	26 9:00am-10:00am Line Dance 11:05-12:05 Free Chair exercise	27 Closed
28 Closed	29 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-12:05 pm Beginner Computer class	30 8:30am-9:30am Zumba gold Coffee talk	31 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Beginners Computer class			