

July 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](http://www.lcward3recreation.com)

**The Flexibility , Balance  
and Strenght class time has  
changed to 8:30- 9:30am  
Monday and Wednesday**

	Mon	Tue	Wed	Thurs	Fri	Sat
						1 Closed
2 Closed	3 8:30am-9:30am Flexibility, Balance and Strength  10:00am-11:00am Free Chair exercise	4 <b>Closed</b>  <b>Independence Day</b>  <b>No Camp</b>	5 8:30am-9:30am Flexibility, Balance and Strength  10:00am-11:00am Chair exercise  <b>Safty Awareness Class</b>  <b>11:05am-12:05am</b>	6 9:00am- 10:00am Pilates  10:30am-11:30am Beginners Line dance	7 9:00am-10:00am Line dance  10:00am-11:00am Flexibility, Balance and Strength  11:05am-12:05pm Free Chair exercise	8 Closed
9 Closed	10 8:30am- 9:30am Flexibility, Balance and Strength  10:00am-10:30am Free Chair exercise	11 8:30am-9:30am Zumba gold  10:15am-10:45am Walk a way the pound tape  <b>Coffee Talk</b> <b>11:00am-11:30am</b>	12 8:30am-9:30am Flexibility, Balance and Strength  10:00am-11:00am Chair exercise  <b>Free Blood Pressure Check</b>	13 9:00am-10:00am Pilates  10:30am-11:30am Beginners Line dance	14 9:00am-10:00am Line dance  10:00am-11:00am Flexibility, Balance and Strength  11:05am-12:05pm Free Chair exercise	15 Closed
16 Closed	17 8:30am-9:30am Flexibility. Balance and Strength  10:00am-11:00am Free Chair exercise	18 8:30am-9:30am Zumba gold  10:15am-10:45am Walk a way the pound tape  <b>Coffee Talk</b> <b>11:00am-11:30am</b>	19 8:30am- 9:30am Flexibility, Balance and Strength  10:00am-11:00am Chair exercise	20 9:00am-10:00am Pilates  10:30am-11:30am Beginners Line dance	21 9:00 am-10:00am Line dance  10:00am-11:00am Flexibility, Balance and Strength  11:05am-12:05pm Free Chair exercise	22 Closed