

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
1 Closed	2 9:00am-10:00am Flexibility, Balance and Strenght 10:00am-11:00am Free chair class	3 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 pm Zydeco line dance	4 Closed Independence Day Summer Camp closed Happy Bday to all in July	5 9:00am- 10:00am Pilates 10:00am- 11:00am Step class	6 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm chair exercise	7 Closed
8 Closed	9 9:00am-10:00am Flexibility , Balance and Strenght 10:00am-11:00am Free Chair class, safty falling	10 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance	11 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair class, safty falling Birthday Cake	12 9:00am- 10:00am Pilates 10:00am- -11:00am Step class	13 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free Chair class,safty falling	14 Closed
15 Closed	16 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class 11:05am-12:05pm Movie and popcorn	17 8:30am-9:30pm Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance	18 9:00am-10:00am Flexibility, Balance 10:00am Free Blood pressure check Heart Issues 10:10am-11:00am Free Chair exercise	19 9:00am-10:00am Pilates 10:00am-11:00am Step class	20 9:00am-10:00am Line dance 10:00am-11:00am Flexibility,Balance 11:05am-12:05pm Free Chair exercise	21 Closed
22 Closed	23 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:05am-1:00pm senior bingo	24 8:30am-9:30am Zumba gold coffee Talk 11:30am-12:30 noon zydeco line dance	25 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Movie and popcorn	26 9:00am-10:00am Pilates 10:00am-11:00am Step class	27 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05-12:05 Free Chair exercise	28 Closed
29 Closed	30 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class Free computer class 11:05am -12:05pm	31 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30pm zydeco line dance				

July 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

