

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

June 2018



Hours of Operation

Mon-Fri 8 AM - 1 P

Saturday Closed on Sundays

Closed

University Park

1001 Central Parkway

LakeCharle, LA.70601

www.lcward3recreation.com

337 475-2431