

March 2018



Hours of Operation
Mon-Fri 8 AM - 1 PM
Closed on Saturday
Closed on Sundays

University Park
1001 Central Parkway
LakeCharles, La.7060
www.lcward3recreation.com
337 475-2431

	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
				1 9:00am-10:00am Pilates March Birthdays	2 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm chair exercise	3 Closed
4 Closed	5 9:00am-10:00am Flexibility , Balance and Strenght 10:00am-11:00am Free Chair class, safty falling class 11:00am-1:00pm New Arts & Craft	6 8:30am-9:30am Zumba gold coffee talk	7 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair class, safty falling	8 9:00am- 10:00am Pilates Pilates tape 11:35 -12:35pm	9 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free Chair class,safty fallingclass 12:05pm-1:00pm Arts & Craft	10 Closed
11 Closed Day light saving time set clock (a head)	12 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair Exercise 11:15am-1:00pm Movie / popcorn	13 8:30am-9:30pm Zumba gold coffee talk	14 9:00am-10:00am Flexibility, Balance 10:00am Free Blood pressure check Heart Issues 10:10am-11:00am Free Chair exercise 11:15am-1:00pm Birthday cake	15 9:00am-10:00am Pilates walk away pounds 11:35am-12:35pm	16 9:00am-10:00am Line dance 10:00am-11:00am Flexibility,Balance 11:05am-12:05pm Free Chair exercise	17 Closed ST. Parick Day
18 closed	19 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:30am-12:30pm Senior Bingo Hunana Marketpoint	20 8:30am-9:30am Zumba gold Coffee Talk First day of Spring	21 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Movie and Popcorn	22 9:00am-10:00am Pilates Walk away pounds 11:35am-12:53pm	23 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05-12:05 Free Chair exercise Health talk	24 Closed
25 Closed Palm Sunday	26 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:15am-12:15 pm Free Beginner Computer class	27 8:30am-9:30am Zumba gold Coffee talk	28 9:00am-11:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:15am-12:15pm Free Beginners Computer class Mr. Wade Carlin	29 9:00am-10:00pm Pilates Walk away pounds 11:35am-12:35noon	30 Close Good Friday	31 Closed