

	Mon	Tue	Wed	Thurs	Fri	Sat
	1 8:15am-9:15am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise Happy All May Birthdays	2 8:30am-9:30am Zumba gold 10:15am-10:45am Walk away the pounds tape	3 8:15am-9:15am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	4 9:00am-10:00am Pilates 10:30am-11:30am Beginners Line dance	5 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength	6 Closed
7 Closed	8 8:15am-9:15am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	9 8:30am-9:30am Zumba gold 10:15am- 10:45am Walk a way the pound tape Coffee Talk 11:00am-11:30am	10 8:15am-9:15am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	11 9:00am- 10:00am Pilates 10:30am-11:30am Beginners Line dance	12 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength	13 Closed
14 Closed Mother's Day	15 8:15am- 9:15am Flexibility, Balance and Strength 10:00am-10:30am Chair exercise	16 8:30am-9:30am Zumba gold 10:15am-10:45am Walk a way the pound tape Coffee Talk 11:00am-11:30am	17 8:15am-9:15am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	18 9:00am-10:00am Pilates 10:30am-11:30am Beginners Line dance	19 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength	20 Closed
21 Closed	22 8:15am-9:15am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise	23 8:30am-9:30am Zumba gold 10:15am-10:45am Walk a way the pound tape Coffee Talk 11:00am-11:30am	24 8:15am- 9:15am Flexibility, Balance and Strength 9:20am-10:00am Free Blood Pressure 10:00am-11:00am Chair exercise	25 9:00am-10:00am Pilates 10:30am-11:30am Beginners Line dance	26 9:00 am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength	27 Closed

May 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