

May 2018



Hours of Operation

Mon-Fri 8 AM - 1 PM Closed on Saturday Closed on Sundays

University Park

**1001 Central Parkway
LakeCharle, LA.70601**

www.lcward3recreation.com

337 475-2431

	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
closed		1 8:30am-9:30am Zumba gold 10:30am-11:30 Zydeco line dance	2 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class	3 9:00am-10:00am Pilates May Birthdays	4 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm chair exercise	5 Closed
6 Closed	7 9:00am-10:00am Flexibility , Balance and Strenght 10:00am-11:00am Free Chair class, safty falling class 11:00am-1:00pm Arts & Craft	8 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance	9 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair class, safty falling Birthday Cake Mothers Day Tea party	10 9:00am- 10:00am Pilates 10:00am- -11:00am Step class	11 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free Chair class,safty falling class	12 Closed
13 Closed	14 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair Exercise 11:15am-1:00pm movie and popcorn	15 8:30am-9:30pm Zumba gold coffee talk 11:30am-12:30 noon zydeco line dance	16 9:00am-10:00am Flexibility, Balance 10:00am Free Blood pressure check Heart Issues 10:10am-11:00am Free Chair exercise	17 9:00am-10:00am Pilates 10:00am-11:00am Step class	18 9:00am-10:00am Line dance 10:00am-11:00am Flexibility,Balance 11:05am-12:05pm Free Chair exercise	19 Closed
20 closed	21 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:05am-1:00pm senior bingo	22 8:30am-9:30am Zumba gold Coffee Talk 11:30am-12:30 noon zydeco line dance	23 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Movie and Popcorn	24 9:00am-10:00am Pilates 10:00am-11:00am Step class	25 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility, Balance 11:05-12:05 Free Chair exercise	26 Closed
27 Closed	28 Closed Memorial Day	29 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30pm zydeco line dance	30 9:00am-10:00am Flexibility,Balance 10:00am -11:00am Free chair exercise	31 9:00am-10:00am Pilates 10:00am-11:00am Step class		