





May 2019

University Park
1001 Central Parkway

phone: (337) 475-2431 fax 602-6215 (www.lcward3recreation)
Hours of Operation : Mon.-Fri. 8:00am-1:00pm (closed Sat. & Sun)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Chair class	2 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	3 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Chair class	4 closed
5 closed	6 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class after Senior Bingo (U.P.)	7 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	8 Birthday cake & Mother's Day Lunch 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Chair class	9 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	10 10:00am-11:00am Flexibility , Balance 11:05am12:05pm Chair class	11 closed
	13 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class	14 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	15 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Chair class	16 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	17 10:00am-11:00am Flexibility ,Balance 11:05am-12:05noon Chair class	18 closed
19 closed	20 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Chair class after Free computer class	21 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	22 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Chair class Healthy Talk	23 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	24 10:00am-11:00am Flexibility , Balance 11:05am-12:05pm Chair class	25 closed
26 closed	27 Closed 	28 8:30am-9:30am Zumba gold 11:30am-12:30pm Zydeco line dance	29 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Chair class	30 9:00am-10:00am Pilates 10:00am-11:00am Walk away pounds	31 10:00am-11:00am Flexibility, Balance 11:05am-12:05 noon Chair Class	