

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Closed	1 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair clas  11:05am-12:45am Free Arts and Craft	2 8:30am-9:30am Zumba gold  Coffee Talk  11:30am-12:00 noon Zydeco line dance	3 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair class	4 9:00am-10:00am Pilates  10:00am-11:00am Walk away the pound	5 9:00am-10:00am Line dance  10:00am-11:00am Flexibility, Balance  11:00am-12:00 noon Free chair class	6 Closed
7 Closed	8 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair class  11:05- - 1:00 noon Senior Bingo only for UP ( Exercisers )	9 8:30am-9:30am Zumba gold  coffee talk  11:30am-12:30 noon Zydeco line dance	10 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free chair class, safty falling  <b>Birthday Cake</b>	11 9:00am- 10:00am Pilates  10:00am- -11:00am Walk away the pounds	12 9:00am-10:00am Line dance  10:00am-11:00am Flexibility, Balance  11:05am-12:05pm Free Chair class,safty falling	13 Closed
14 Closed	15 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair class  11:05am-12:05pm Free Arts and Craft	16 8:30am-9:30pm Zumba gold  coffee talk  11:30am-12:30 noon Zydeco line dance	17 9:00am-10:00am Flexibility, Balance  10:10am-11:00am Free Chair exercise  11:30am-12:30noon Free Arts and Craft	18 9:00am-10:00am Pilates  10:00am-11:00am Walk away the pounds	19 9:00am-10:00am Line dance  10:00am-11:00am Flexibility,Balance  11:05am-12:05pm Free chair exercise	20 Closed
21 Closed	22 9:00am-10:00am Flexibility , Balance  10:00am-11:00am Free Chair exercise  11:05am-1:00pm Free Arts and Craft	23 8:30am-9:30am Zumba gold  coffee talk  11:30am-12:30 noon zydeco line dance	24 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair exercise  11:05am-1:00pm noon Movie and popcorn	25 9:00am-10:00am Pilates  10:00am-11:00am Walk away the pounds	26 9:00am-10:00am Line dance  10:00am-11:00am Flexibility, Balance  11:05-12:05pm Free chair exercise	27 Closed
28 Closed	29 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free Chair class  11:05am-12:25 pm	30 8:30am-9:30am Zumba gold  coffee talk  11:30am-12:30pm zydeco line dance	31 9:00am-10:00am Flexibility, Balance  10:00am-11:00am Free chair exercise  <b>Senior Fall party Happy Halloween</b>			

October 2018



Hours of Operation

Mon-Fri 8 AM - 1 PM

Saturday Closed on Sundays

Closed

University Park

1001 Central Parkway

LakeCharle, LA.70601

[www.lcward3recreation.com](http://www.lcward3recreation.com)

337 475-2431