

September 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

The Flexibility , Balance and Strenght class time has changed to 8:30- 9:30am Monday and Wednesday

| | Mon | Tue | Wed | Thurs | Fri | Sat |
|-----------|--|--|--|---|--|-----------|
| | | | | | 1 Happy September B-day 9:00am-10:00am Line Dance 10:00am-11:00am Flexibility , Balance and Strenght 11:05am-12:05pm chair exercise | 2 Closed |
| 3 Closed | 4 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Free Chair exercise | 5 8:30am-9:30am Zumba gold coffee talk 10:30am-11:30am Walk Away pounds | 6 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise | 7 9:00am- 10:00am Pilates 10:30am-11:30am Beginners line dance Walk away pounds 11:35 -12:35pm | 8 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength 11:05am-12:05pm Free Chair exercise | 9 Closed |
| 10 Closed | 11 8:30am- 9:30am Flexibility, Balance and Strength 10:00am-10:30am Free Chair exercise | 12 8:30am-9:30am Zumba gold Coffee Talk 10:30am-11:30am Walk away pounds | 13 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise Healthy Living Class | 14 9:00am-10:00am Pilates 10:30am-11:30am Beginners line dance Walk away pounds 11:35am-12:35pm | 15 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength 11:05am-12:05pm Free Chair exercise | 16 Closed |
| 17 Closed | 18 8:30am-9:30am Flexibility, Balance and Strength 10:00am-11:00am Free Chair exercise | 19 8:30am-9:30am Zumba gold Coffee Talk 10:30am-11:30am Walk away pounds | 20 8:30am- 9:30am Flexibility, Balance and Strength 10:00am-11:00am Chair exercise | 21 9:00am-10:00am Pilates 10:30am-11:30am Beginners line dance Walk away pounds 11:35am-12:35pm | 22 9:00 am-10:00am Line dance 10:00am-11:00am Flexibility, Balance and Strength 11:05am-12:05pm Free Chair exercise | 23 Closed |
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