

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Closed						1 Closed
2 Closed	3 Closed Labor Day	4 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance	5 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair class, safty falling Birthday Cake	6 9:00am- 10:00am Pilates 10:00am- -11:00am Walk away the pounds	7 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free Chair class,safty falling	8 Closed
9 Closed Grandparents Day	10 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class 11:05am-12:05pm Free Arts and Craft	11 8:30am-9:30pm Zumba gold coffee talk 11:30am-12:30 noon Zydeco line dance	12 9:00am-10:00am Flexibility, Balance 10:10am-11:00am Free Chair exercise 11:30am-12:30noon Free Arts and Craft Free Arts and Crafts	13 9:00am-10:00am Pilates 10:00am-11:00am Walk away the pounds	14 9:00am-10:00am Line dance 10:00am-11:00am Flexibility,Balance 11:05am-12:05pm Free Chair exercise	15 Closed
16 Closed	17 9:00am-10:00am Flexibility , Balance 10:00am-11:00am Free Chair exercise 11:05am-1:00pm Senior Bingo	18 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30 noon zydeco line dance	19 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair exercise 11:05am-12:05pm Movie and popcorn	20 9:00am-10:00am Pilates 10:00am-11:00am Walk away the pounds	21 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05-12:05pm Free Chair exercise	22 Closed First Day of Autumn
23 Closed	24 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free Chair class Free computer class 11:05am -12:45pm	25 8:30am-9:30am Zumba gold coffee talk 11:30am-12:30pm zydeco line dance	26 9:00am-10:00am Flexibility, Balance 10:00am-11:00am Free chair exercise 11:30am-12:30 noon Free Arts and Craft	27 9:00am-10:00am Pilates 10:00am-11:00am Walk away the pounds	28 9:00am-10:00am Line dance 10:00am-11:00am Flexibility, Balance 11:05am-12:05pm Free chair exercise	29 Closed Old Navy Health Fair 12noon-5pm
30 Closed						

September 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

337 475-2431