



September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 AM Yoga 10:00 AM Balance Chi 6:00 PM Buti Yoga	2 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	3
4	5 Closed For Labor Day	6 9 AM Yoga 10:00 AM Balance Chi 5:00PM Zumba 6:00 PM Buti Yoga	7 9AM Pilates 10 AM Sit & Fit 5:45 PM Yoga	8 9:00 AM Yoga 10:00 AM Balance Chi 6:00 PM Buti Yoga	9 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	10
11	12 9 AM Cardio Pilates 10 AM Sit & Fit 5:00 PM Zumba 5:45 PM Yoga	13 9 AM Yoga 10:00 AM Balance Chi 5:00PM Zumba 6:00 PM Buti Yoga	14 9AM Pilates 10 AM Sit & Fit 5:45 PM Yoga	15 9:00 AM Yoga 10:00 AM Balance Chi 6:00 PM Buti Yoga	16 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	17
18	19 9 AM Cardio Pilates 10 AM Sit & Fit 5:00 PM Zumba 5:45 PM Yoga	20 9 AM Yoga 10:00 AM Balance Chi 5:00PM Zumba 6:00 PM Buti Yoga	21 9AM Pilates 10 AM Sit & Fit 5:45 PM Yoga	22 9:00 AM Yoga 10:00 AM Balance Chi 6:00 PM Buti Yoga	23 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	24
25	26 9 AM Cardio Pilates 10 AM Sit & Fit 5:00 PM Zumba 5:45 PM Yoga	27 9 AM Yoga 10:00 AM Balance Chi 5:00PM Zumba 6:00 PM Buti Yoga	28 9AM Pilates 10 AM Sit & Fit 5:45 PM Yoga	29 9:00 AM Yoga 10:00 AM Balance Chi 6:00 PM Buti Yoga	30 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	



Hours of Operation

Mon-Fri 6 AM - 7 PM

Saturday 8 AM - 2 PM

Closed on Sundays

**Enos Derbonne
Sports Complex**

7903 Lake St.

Lake Charles, LA 70605

337-502-5214

www.lcward3recreation.com

How to Get Fit

1) Eat cleanly

2) Get your body
moving

3) Drink lots of water

CAUTION: Side affects may include happiness,
radiance and amazing health.