



DECEMBER 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	2 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-1:45pm New Day Pancakes & Bingo Christmas Edition 9:30am- 11am Limited Seats/ Must register 	3 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	4 Center Opens 9:30am Fitness Room 9:30am- 2:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Ping Pong 12:00pm- 1:30pm Fitness room orientation by appt	5 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	6
7	8 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	9 Fitness Room 7:30am- 2:00pm French Club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	10 Pity Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	11 Fitness Room 7:30am- 2:00pm Line Dance 10:30am-11:45am Chair volleyball 12:00pm-2:00pm Fitness room orientation by appt	12 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics Christmas Party 9:00am-11:00am NO Bingo Center closes at 11:00am PARC Safety Meeting	13
14	15 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	16 Fitness Room 7:30am- 2:00pm AARP Defensive Driving 8am- 12pm Mexican Train 10:00am-2:00pm	17 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Hand & Foot 10:30am- 2:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	18 Fitness Room 7:30am- 2:00pm Pokeno 2 10:00am-1:00pm Line Dance 10:30am-11:45am Ping Pong 12:00pm- 1:30pm Fitness room orientation by appt	19 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Pity Pat 10:00am-12:00pm Aerobics 10:45am-11:45am Bingo 12:00pm-2:00pm	20
21	22 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance Christmas Party 12:00pm-1:30pm	23 Fitness Room 7:30am- 2:00pm French Club 9:00am- 10:00am Pokeno 1 10:00am-1:00pm Mexican Train 10:00am-1:45pm	24 Fitness Room 7:30am- 10:00am Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Center closes at 10:30am	25 Center Closed 	26 Center Closed MERRY CHRISTMAS!	27
28	29 Fitness Room 7:30am- 2:00pm Yoga 8:00am-9:00am Aerobics 9:30am-10:30am Aerobics 10:45am-11:45am Line Dance 12:00pm-1:30pm	30 Fitness Room 7:30am- 2:00pm Mexican Train 10:00am-1:45pm Games Galore 12:00pm-2:00pm	31 Fitness Room 7:30am-12:00pm 	Center Closed HAPPY New Year 2026		
Center Coordinator: Kristy Hayes Address: 120 Statesman Drive, Lafayette, LA 70506 Ph. # (337) 291-5444						