






































# SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>   	<b>3</b> 	<b>4</b>  	<b>5</b>  	<b>6</b>  	<b>7</b> 
<b>9</b>  	<b>10</b> <b>FERC MEETING</b> <b>NO PM CLASSES</b> 	<b>11</b> <b>BOARD MEETING @5:30 PM</b>  	<b>12</b> 	<b>13</b>  	<b>14</b> 
<b>16</b>  	<b>17</b> 	<b>18</b>  	<b>19</b>  	<b>20</b>  	<b>21</b> <b>VHS FFA PICKLEBALL TOURN. @ VHS</b> <b>LAST DAY TO REGISTER</b> 
<b>23</b> 	<b>24</b>	<b>25</b> <b>FERC MEETING</b> <b>NO PM CLASSES</b> 	<b>26</b>	<b>27</b> <b>EARLY CLOSURE</b> <b>PICKLEBALL SENIOR HR 1PM-2PM</b> <b>for VHS FOOTBALL HOMECOMING SEPT. 27, 2024</b> <b>6AM To 2PM</b> 	<b>28</b>
<b>30</b> 	<b>October 1</b>	<b>2024 2</b> 	<b>3</b> 	<b>4</b> 	<b>5</b>

WARD 7 COMMUNITY CENTER

# Country Western DANCE CLASS

THIS EXCITING 2-HOUR CLASS FOCUSES ON COUNTRY AND WESTERN DANCE; INCLUDING LINE DANCING, JITTERBUG, AND CHA-CHA.

**Wednesday @ 6:00 pm**

**BENEFITS OF CLASS:**

- Meet New People
- Help with Coordination
- Increase Flexibility
- Improve Mood & Memory
- Burn Calories

FREE FOR FITNESS ROOM MEMBERS. \$10.00 FOR NON-MEMBERS

WARD 7 COMMUNITY CENTER

# PILATES

A LOW IMPACT, FULL BODY WORKOUT TO IMPROVE MUSCLE TONE AND FLEXIBILITY.

**Class Benefits:**

- Improve stability, balance, & coordination
- Build endurance
- Increase range of motion
- Pain relief for damaged joints and bones
- Improve posture
- Strengthen joints

**6 Principles of Pilates:**

- Concentration
- Control
- Center
- Breath
- Precision
- Flow

**MONDAY & WEDNESDAY @ 5:00PM**

**TUESDAY & THURSDAY @ 8:00AM**

**SATURDAY @ 9:00AM**

FREE FOR FITNESS ROOM MEMBERS. \$5 FOR NON-MEMBERS.

WARD 7 COMMUNITY CENTER

# TOTAL BODY RESET

THE ULTIMATE POWER HOUR FOR YOUR BODY

**MONDAY - WEDNESDAY - FRIDAY 8:00 AM**

**Benefits of Class:**

- GAIN STRENGTH AND MUSCLE
- KICK START YOUR METABOLISM
- STRENGTHEN YOUR CORE
- OFFERS VARIETY WITHOUT BOREDOM

This well-rounded class packs a punch with a mix of strength training, core workouts, and HIIT (High-Intensity Interval Training). You will build muscle, strengthen your core, and get your heart pumping to boost your metabolism.

Free to Fitness Room Members. \$5 per class for non-members.

WARD 7 COMMUNITY CENTER

# AEROBICS DANCE

A FUN, ENERGETIC DANCE CLASS WITH UPBEAT MUSIC TO GET YOU MOVING.

**NEW TIME** TUESDAY & THURSDAY @ 4:00 pm

**CLASS BENEFITS:**

- Total Body Movement
- Build Endurance
- Burn Calories
- Increase Serotonin
- Help With Coordination
- Help With Cognitive Skills


FREE FOR FITNESS ROOM MEMBERS. \$5 FOR NON-MEMBERS

# EARLY CLOSURE

for VHS FOOTBALL HOMECOMING SEPT. 27, 2024

Parade at 4:00 PM  
Game at 7:00 PM


**6AM to 2PM**



# SUMMER WALKING CHALLENGE

75 DAYS - 375 MILES

Vinton to Pensacola Beach

# TRUNK OR TREAT

WARD 7 COMMUNITY CENTER **3rd Annual**

# fall festival

**OCTOBER 31ST AT 6:00 PM**

@ Ward 7 Community Center  
1615 Horridge Street - Vinton, LA 70668

**free FAMILY EVENT;** CHILDREN MUST ATTEND WITH AN ADULT.

**Candy Donations** ACCEPTED AND MUCH APPRECIATED!


Vehicle Registration

www.ward7rec.com - (337)589-5181



# CELEBRATING Two Years of PILATES

Thank You, Bubba & Randy!



WARD 7 COMMUNITY SURVEY



Ward 7 Community Center

# LABOR DAY HOLIDAY HOURS

SEPTEMBER 2, 2024

**8 AM - 2 PM**



WARD 7 RECREATION COMMUNITY CENTER

# PICKLEBALL SENIOR HOUR

**MONDAY WEDNESDAY FRIDAY**

**1-2 PM**

ALL ARE WELCOME!  
WARD 7 SHAW PARK  
1615 HORRIDGE STREET, VINTON, LA

837 589 5181  
WWW.WARD7REC.COM

