

# January 2018

# Fields Recreation Center

1701 Dairy Road, Garland, TX 75040 ● 972-205-3090 ● FRC@GarlandTX.gov ● GarlandParks.com

## PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.			Body Shop Fitness Class 9:30 a.m.		Senior Bridge 9:30 a.m.	Zumba 9 a.m.  Blakey Tae Kwon Do 9 a.m.  Volleyball 9:30 a.m.
10 a.m.						
11 a.m.						
Noon						
1 p.m.						
2 p.m.	Fitness 101 2 p.m. ( By Appointment)	Fitness 101 2 p.m. ( By Appointment)	Fitness 101 2 p.m. ( By Appointment)	Fitness 101 2 p.m. ( By Appointment)	Fitness 101 2 p.m. ( By Appointment)	
3 p.m.		Lil Dribblers 3:45 p.m.	**GAGA Ball** 3 - 5 p.m.			
4 p.m.		Dance Combo 4:40 p.m.		T:Ball 4 p.m.		
5 p.m.	YOGA 5:15 p.m.	Boxing For Kids 5 p.m.	Boot Camp 5:15 p.m.			
6 p.m.	Boot Camp 6 p.m.		Blakey Tae Kwon Do 6 p.m.			
7 p.m.	Blakey Tae Kwon Do 7 p.m.  Zumba 7:45 p.m.  Fan & Flare 7 p.m.	Clogging 7 p.m.  Mixed Martial Arts 6 p.m.	Zumba 7:45 p.m.	Pencak Silat Self Defense 7 p.m.	<b>Schedule subject to change.</b>	

All program information subject to change and availability. Registrations accepted on first-come, first-serve basis. Waitlists available for most full programs. Pre-registration required for most programs. A program may cancel if minimum number of registrations is unmet. A City of Garland waiver and release of claim is required prior to participating in any program. [All programs occur weekly unless noted with a date.](#)

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## OPEN GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>CLOSED</b>	2 9 a.m. - 3 p.m. 6 - 8:45 p.m.	3 9 a.m. - 4:45 p.m. 6:30 - 8:45 p.m.	4 9 a.m. - 3:30 p.m. 5:30 - 8:45 p.m.	5 9 a.m. - 4:45 p.m.	6 11:30 a.m. - 3:45 p.m.
8 9 a.m. - 5:30 p.m.	9 9 a.m. - 3 p.m. 6 - 8:45 p.m.	10 9 a.m. - 4:45 p.m. 6:30 - 8:45 p.m.	11 9 a.m. - 3:30 p.m. 5:30 - 8:45 p.m.	12 9 a.m. - 4:45 p.m.	13 11:30 a.m. - 3:45 p.m.
15 <b>CLOSED</b>	16 9 a.m. - 3 p.m. 6 - 8:45 p.m.	17 9 a.m. - 4:45 p.m. 6:30 - 8:45 p.m.	18 9 a.m. - 3:30 p.m. 5:30 - 8:45 p.m.	19 9 a.m. - 4:45 p.m.	20 11:30 a.m. - 3:45 p.m.
22 9 a.m. - 5:30 p.m.	23 9 a.m. - 3 p.m. 6 - 8:45 p.m.	24 9 a.m. - 4:45 p.m. 6:30 - 8:45 p.m.	25 9 a.m. - 3:30 p.m. 5:30 - 8:45 p.m.	26 9 a.m. - 4:45 p.m.	27 11:30 a.m. - 3:45 p.m.
29 9 a.m. - 5:30 p.m.	30 9 a.m. - 3 p.m. 6 - 8:45 p.m.	31 9 a.m. - 4:45 p.m. 6:30 - 8:45 p.m.	**GAGA BALL** Wednesdays 3:30 – 5:00 p.m.		

\*\*\*Schedule subject to change. \*\*\*You are required to purchase and scan your Garland ID card to be inside the facility.

City of Garland recreation centers are closed on Sundays.



**GARLAND**  
PARKS, RECREATION &  
CULTURAL ARTS