

October 2017

# Recreation Center

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

## PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.						<b>Zumba</b> 9 a.m. <b>Blakey Tae Kwon Do</b> 9 a.m. <b>Volleyball</b> 9 :30 a.m.
10 a.m.						<b>Yoga</b> 10 a.m.
2 p.m.	<b>Fitness 101</b> 2 p.m. (By Appointment)	<b>Fitness 101</b> 2 p.m. (By Appointment)	<b>Fitness 101</b> 2 p.m. (By Appointment)	<b>Fitness 101</b> 2 p.m. (By Appointment)	<b>Fitness 101</b> 2 p.m. (By Appointment)	<b>Fitness 101</b> 2 p.m. (By Appointment)
3 p.m.		<b>Teen Talk</b> 3:30 p.m.				
4 p.m.		<b>Lil' Dribblers</b> 4:15 p.m. <b>Dance Combo</b> <i>Preschool</i> 4:45 p.m.	<b>Lil' Tots Soccer</b> 4:15 p.m.			
5 p.m.	<b>Yoga</b> 5:15 p.m.	<b>Boxing For Kids</b> 5 p.m. <b>Dance Combo</b> <i>Elementary</i> 5:15 p.m.		<b>Basketball Skills</b> <i>Ages 5 - 7</i> 5:30 p.m.		
6 p.m.	<b>Circuit Training</b> 6 p.m.	<b>Mixed Martial Arts</b> <i>Kids</i> 6 p.m.	<b>Blakey Tae Kwon Do</b> 6 p.m.	<b>Basketball Skills</b> <i>Ages 8-12</i> 6:30 p.m.		
7 p.m.	<b>Blakey Tae Kwon Do</b> 7 p.m. <b>Fan &amp; Flare Dance</b> 7 p.m. <b>Zumba</b> 7:45 p.m.	<b>Mixed Martial Arts</b> <i>Adults</i> 7 p.m. <b>Group Fitness</b> 7:30 p.m. <b>Adult Clogging</b> 7:30 p.m.	<b>Zumba</b> 7:45 p.m.	<b>Pencak Silat Self Defense</b> 7:00 p.m.		

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.

October 2017

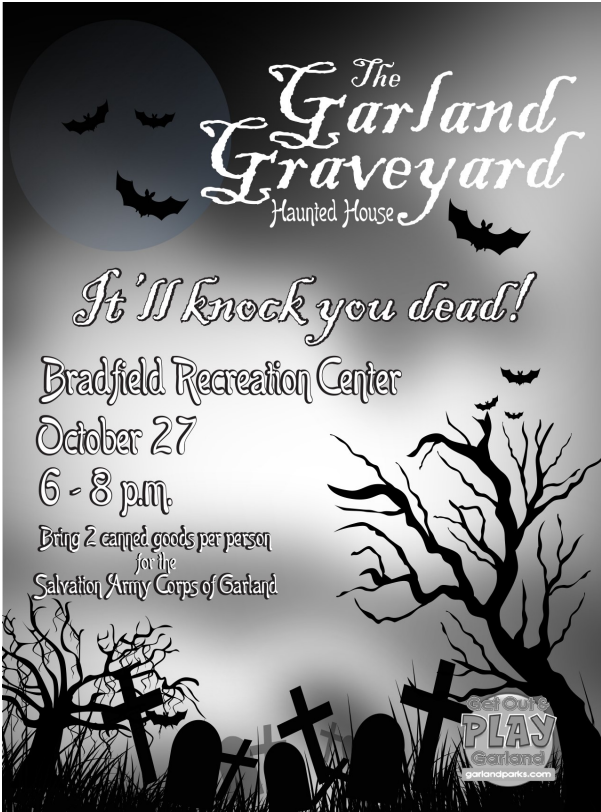
# Recreation Center

Address, Garland, TX 7504\* ● 972-205-3090 ● FRC@GarlandTX.gov ● GarlandParks.com

## OPEN GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> 9 a.m. - 5:30 p.m.	<b>3</b> 9 a.m. - 11:30 a.m.	<b>4</b> 9 a.m. - 3:45 p.m.	<b>5</b> 9 a.m. - 5 p.m.	<b>6</b> 9 a.m. - 4:45 p.m.	<b>7</b> 11:30 a.m. - 4:45 p.m.
<b>9</b> 9 a.m. - 5:30 p.m.	<b>10</b> 9 a.m. - 11:30 a.m. 1:30 p.m. - 4:30 p.m.	<b>11</b> 9 a.m. - 3:45 p.m. 5:15p.m. - 8:45 p.m.	<b>12</b> 9 a.m. - 5 p.m.	<b>13</b> 9 a.m. - 4:45 p.m.	<b>14</b> 11:30 a.m. - 4:45 p.m.
<b>16</b> 9 a.m. - 5:30 p.m.	<b>17</b> 9 a.m. - 11:30 a.m. 1:30 p.m. - 4:30 p.m.	<b>18</b> 9 a.m. - 3:45 p.m. 5:15p.m. - 8:45 p.m.	<b>19</b> 9 a.m. - 5 p.m.	<b>20</b> 9 a.m. - 4:45 p.m.	<b>21</b> 11:30 a.m. - 4:45 p.m.
<b>23</b> 9 a.m. - 5:30 p.m.	<b>24</b> 9 a.m. - 11:30 a.m. 1:30 p.m. - 4:30 p.m.	<b>25</b> 9 a.m. - 3:45 p.m. 5:15p.m. - 8:45 p.m.	<b>26</b> 9 a.m. - 5 p.m.	<b>27</b> 9 a.m. - 4:45 p.m.	<b>28</b> 11:30 a.m. - 4:45 p.m.
<b>30</b> 9 a.m. - 5:30 p.m.	<b>31</b> 9 a.m. - 11:30 a.m.	<b>**Gaga Ball Wednesdays**</b> 3:30p.m. - 6p.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**