

September 2021

Hollabaugh Recreation Center

3925 W. Walnut St., Garland, TX 75042 • 972-205-2721 • HHRC@GarlandTX.gov • GarlandParks.com

PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.	Fitness 101 By Appointment	Fitness 101 By Appointment	<i>Fitness 101</i> <i>By Appointment</i>	Fitness 101 By Appointment		Swift Soccer Skills 9:30 a.m.
10 a.m.						Tai Chi 10 a.m.
11 a.m.						Kung Fu Beginners 11 a.m. Produced by Zeon 11 a.m.
Noon						Kung Fu Intermediate/ Advanced 12:15 p.m. Loving from the Heart 12:30 p.m.
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.		Swift Soccer Skills 4:30 p.m.		Swift Soccer Skills 4:30 p.m.		
5 p.m.			Zumba 5 p.m.	American DJ 5:30 p.m. Line Dancing for the Soul 5:30 p.m.		
6 p.m.	Tai Chi 6 p.m. Cooper Thomas Fitness / Thick Girl Movement 6:30 p.m..	Zumba 6 p.m. West Garland ESL 6 p.m.	Kreative Kids DIY 6 p.m. Cooper Thomas Fitness / Thick Girl Movement 6:30 p.m..			
7 p.m.	Kung Fu Beginners 7 p.m.					
8 p.m.	<i>Kung Fu</i> <i>Intermediate/ Advanced</i> 8 p.m.		<i>Kung Fu</i> <i>Intermediate/ Advanced</i> 8 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.**