

## Other Healthy Opportunities



## Healthy Opportunities

Holland Recreation Division has worked hard to provide some opportunities for you to improve and maintain your health. We weren't voted the #1 Happy, Healthy city in the US for nothing! Following is a list of some of the healthy choices available to you:

- [Yoga / Cardio](#)
- [Walking Opportunities](#)
- [Open Pickleball / Table Tennis / Volleyball](#)
- [Wellness Trail](#)

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