


HEALTHIER TEXAS 
STRONGER TEXAS
FITNESS & NUTRITION CLASSES

Free 
**IN-PERSON
CLASSES**



ZUMBA
Mondays at 6pm - 7pm

 **Dittmar Recreation Center**
1009 W Dittmar Rd
Austin, TX 78745

Saturdays at 10am - 11am

 **South Austin Recreation Center**
1100 Cumberland Rd
Austin, TX 78704



MIXXEDFIT
Mondays at 6:15pm-7:15pm

 **Gus Garcia Recreation Center**
1201 E Rundberg Ln,
Austin, TX 78753



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