



STRENGTH & STRETCH

Thursdays, 9:30am - 11:00am

FREE

Ages: 55+

Dittmar Recreation Center

1009 W. Dittmar Rd.

Austin, Texas 78745

512-974-6090

www.austintexas.gov/dittmar



The City of Austin is committed to compliance with the Americans with Disabilities Act. If you require special assistance for participation in our programs, please call 974-3914 or Texas Relay 7-1-1

