



# DROP-IN CORE FITNESS

**RODOLFO "RUDY" MENDEZ RECREATION CENTER**  
2407 CANTERBURY ST. 78702 | 512-978-2399

**WEDNESDAYS | 6-7PM**

Core fitness class is for anyone wanting a free, fun workout in a community space. Mats, small weights & medicine balls available, but feel free to bring your own. For ages 13+. Must fill out waiver before first class.



The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.