



*Date: Thursdays,
07/22/10-08/26/10*

**The Austin
Foundation
Presents: Dynamic
Stretching Series,
an
Intergenerational
Fitness series.**

*Time: 9:00 am-
10:00 am*

Cost: \$1.00 for members,
\$2.00 non members

**CASC Dining Hall
500 30th Ave. S.
Seattle, WA 98144
206-726-4926**

The Austin Foundation provides fitness programs to youth who most need them. Programs address cardiovascular health, flexibility, strength training, and nutrition. This foundation also reaches out to communities to promote healthy lifestyles. This series will be taught by youth with an adult instructor alongside. This series will give CASC a chance to learn new stretching techniques while engaging with youth!