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## Fitness Opportunities in Buda Texas

### **Allegro Music and Dance**

Allegro Music and Dance offers a variety of dance classes. They also offer music classes to foster artistic creativity. Individual Instruction, Intermediate/Advanced Instruction, Dance Lessons, and much more is offered! Locally owned and operated by Terry Capps.

181 Cimarron Park Loop. Ste. A  
Buda, TX 78610  
(512) 312-5995

For more information about Allegro Music and Dance visit their website at

<http://www.allegromusicanddance.com>

### **Dance Unlimited**

Dance Unlimited offers classes in ballet, tap, jazz, lyrical, gymnastics, hip-hop, cheer, mommy & me, dance aerobics and pointe. There is also Kick Boxing, Yoga and General Fitness. Locally owned and managed by Diane Stoffel-Duley.

1019 N. Main St.  
Buda, TX 78610  
(512) 295-3667

For more information about Dance Unlimited visit their website at <http://www.danceunlimitedbuda.com>

or Send Email to Diane Stoffel-Duley at [info@danceunlimitedbuda.com](mailto:info@danceunlimitedbuda.com)

### **Curves**

30 minute no nonsense fitness for women in a supportive and friendly atmosphere, owned and managed by Juliette Miller and Tracy Randazzo.

Curves is the first fitness and weight loss facility dedicated to providing affordable, one-stop exercise and nutritional information for women.

100 Houston St.  
Buda, TX 78610  
(512) 295-7505

For more information about Curves visit their worldwide website at <http://www.curves.com> or

Send Email to Juliette and Tracy at [workout@curvesconnection.com](mailto:workout@curvesconnection.com)

### **Hays Communities YMCA**

The YMCA has arrived to Buda and things will never be the same. Family oriented and fitness focused, the YMCA will be a huge blessing to the Northern Hays County community! They offer fitness classes, swim classes and more, for the entire family.

Hays Communities YMCA  
465 Buda Sportsplex Drive  
Buda, TX 78610  
(512) 523-0099

For more information about the Hays Communities YMCA visit their website at

<http://www.austinyymca.org/default.asp?ID=83>

### **Oxygen Fitness Center**

Personalized Fitness. All Trainers have degrees and are certified. Programs individually designed for each person. Managed by Omar Overturf.

163 Trademark Dr.  
Buda, TX 78610  
(512) 312-2900

For more information visit their website at

<http://oxygenfitnessaustin.com>

### **Olympic Hills Gymnastics**

Olympic Hills Gymnastics is home to some of America's best young gymnasts and Texas State Champions. Olympic Hills Gymnastics offers a variety of fun programs, including recreational gymnastics classes, tumbling classes, cheer team, tot classes and after school programs.

Olympic Hills Gymnastics  
222 Park 35 Cove N  
Buda, TX 78610  
(512) 295-3073

For more information about Olympic Hills Gymnastics visit their website at

<http://www.olympichillsgymnastics.com> or Send Email to Jeff Beal, the owner at [olympichillsgym@aol.com](mailto:olympichillsgym@aol.com)



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## Fitness Opportunities in Buda Texas

### Central Texas Academy of Martial Arts

CTAMA offers a wide variety of martial arts classes including Mixed Combat Jiu Jitsu, Vale Tudo and Thai Boxing. They also teach Jeet Kun Do & Kail/Silat. There are also classes in Yoga and Tai Chi.

254 FM 1626  
Buda, TX 78610  
(512) 295-7505

For more information about Central Texas Academy of Martial Arts visit their website at

<http://www.ctama.net> or Send Email to Ray Parra at [Ray@CTAMA.Net](mailto:Ray@CTAMA.Net)

### Kuk Sool Won of Buda Martial Arts

Kuk Sool Won is a systematic study of all the traditional Korean fighting arts. Larry Subia the Owner and Head Instructor is a certified 3rd Degree Black Belt instructor in Kuk Sool Won.

Kuk Sool Won of Buda Martial Arts  
100 Houston St. Suite B  
Buda, TX 78610  
(512) 799-6351

For more information about Kuk Sool Won of Buda Martial Arts visit their website at

<http://www.kswbuda.com> or Send Email to Larry Subia at [kuksool@kswbuda.com](mailto:kuksool@kswbuda.com)