

Promoting Fitness in Body, Mind and Spirit.

New BraunFit Gym Class Descriptions.

Cardio and More

Designed for those new to exercise and an active older population. A fun, low-impact workout including warm-up, stretching and 25 minutes of light cardio activity to the beat of music. We then add 15 minutes of strength training using hand weights. Class finishes with abdominal work and cool-down stretching.

Little Fit

Action-packed, nonstop sports class! Our youth sports professionals make fun modifications so preschool players can be successful from day one. New activity presented with age appropriate modifications every week.

Muscle Conditioning

Features flexibility, strengthening, and muscle conditioning. Light equipment is used.

Open

This open gym time is provided under the supervision of New BraunFit staff for volleyball and basketball play in a safe and positive environment. Available for all ages.

Pickle Ball

A combination of tennis and badminton that's gained popularity in recent years. Game strategies include lobbing, overhead slams, passing shots from the baseline and fast volley exchanges at the net. Equipment provided.

Pilates

Develop strength, flexibility, and coordination. This class will improve posture and abdominal strength as well as decrease back, neck, and joint pain. Light equipment is used to facilitate an all-over body workout. Pilates benefits everyone from elite athletes to active older adults.

Power Lunch Strength Training

Join us at lunch for a 45-minute power workout that will help increase your strength and endurance! Weights, kettle bells, and medicine balls will be used in this power workout.

Stretch and Balance

This activity will help active older adults improve strength, balance, stability and confidence for an active life. Light equipment such as hand weights, stretch bands and balls is used.

Walk or Stroll Strong

Walk and/or push strollers around the walking track for 45 minutes to upbeat music. Walkers use hand weights to target the upper body while stroller pushing mommies are lead through exercises while engaging with their babies. Mommies and babies welcome. Babies as riders only please.

Yoga

Promotes stress relief, relaxation, overall health and well being. Yoga benefits everyone at every fitness level, from beginner to expert

Walking Track Sixteen laps around the track is equivalent to one mile.

The Best Game in Town!

Annual Membership Fees

OPEN GYM ONLY

Individual \$36/Yr

OPEN GYM PLUS CLASSES

Individual \$48/Yr

PRIVATE RENTAL

Sports training, youth groups and more! Ask about rates and availability or visit our website.

Hours of operation

Monday-Friday 8:30 am-8:00 pm

Saturday 10:00 am-5:00 pm

Sunday Closed



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New BraunFit Gym Schedule: August 2017

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2
7:00–9:00 am	7:30 - 8:30 Muscle Conditioning	7:30 - 8:30 Muscle Conditioning	7:15 - 8:15 Pilates	7:15 - 8:15 Pilates	7:30 - 8:30 Muscle Conditioning	7:30 - 8:30 Muscle Conditioning	7:15 - 8:15 Pilates	7:15 - 8:15 Pilates	7:30 - 8:30 Muscle Conditioning	7:30 - 8:30 Muscle Conditioning	Private Rental	Private Rental
9:00–10:00 am	Cardio & More	Cardio & More	Walk / Stroll Strong	Walk / Stroll Strong	Cardio & More	Cardio & More	Walk / Stroll Strong	Walk / Stroll Strong	Cardio & More	Cardio & More	Private Rental	Private Rental
10:00–11:00am	10:30 - 11:15 Stretch & Balance	10:30 - 11:15 Stretch & Balance	10:30 - 11:15 Stretch & Balance	10:30 - 11:15 Stretch & Balance	10:30 - 11:15 Stretch & Balance	10:30 - 11:15 Stretch & Balance	Pickelball	Pickelball	Pickelball	Pickelball	Private Rental	Private Rental
11:00–12:00pm	<i>Come Walk with us</i>						Pickelball	Pickelball	Pickelball	Pickelball	Private Rental	Private Rental
12:00–1:00 pm	12:15 - 1:00 Power Lunch	12:15 - 1:00 Power Lunch	Open	Open	12:15 - 1:00 Power Lunch	12:15 - 1:00 Power Lunch	Pickelball	Pickelball	Pickelball	Pickelball	Private Rental	Private Rental
1:00–2:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
2:00–3:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
3:00–4:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
4:00–5:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
5:00–6:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
6:00–7:00 pm	Indoor Soccer League Pracitce	Indoor Soccer League Pracitce	Open	Open	Private Rental	Private Rental	Private Rental	Private Rental	Indoor Soccer Games	Indoor Soccer Games	Private Rental	Private Rental
7:00–8:00 pm	Indoor Soccer League Pracitce	Indoor Soccer League Pracitce	Open	Open	Private Rental	Private Rental	Private Rental	Private Rental	Indoor Soccer Games	Indoor Soccer Games	Private Rental	Private Rental

*The Best Game In Town! Come visit New BraunFit.
View our interactive calendar @ NEWBRAUNFIT.ORG Subscribe and add to your personal calendar*

LEGEND: PRIVATE RENTAL CHILD/YOUTH ACTIVITY SPORT/FITNESS CLASS LEAGUES