

## 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.

#### UPCOMING CHANGES

We are working hard to provide New BraunFit members with a streamline interactive experience. We look forward to the new features we all know you have been waiting for. Features like online registration | online renewals | private rental bookings | digital check-ins and much more.



**MCKENNA**  
NEW BRAUNFIT

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# New BraunFit Gym Schedule: October 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
7:00-8:00 am											Closed	Closed
8:00-9:00 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	League	League
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	League	League
10:00-11:00 am							Pickleball	Pickleball	Pickleball	Pickleball	League	League
11:00-12:00 pm	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	Pickleball	Pickleball	Pickleball	Pickleball	League	League
12:00-1:00 pm	Open	Open	Pickleball	Pickleball	Open	Open	Pickleball	Pickleball	Pickleball	Pickleball	League	League
1:00-2:00 pm	Open	Open	Pickleball	Pickleball	Open	Open	Open	Open	Open	Open	League	League
2:00-3:00 pm	Open	Open	Pickleball	Pickleball	Open	Open	Open	Open	Open	Open	League	League
3:00-4:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	League	League
4:00-5:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	League	League
5:00-6:00 pm	League Practice	League Practice	League Practice	League Practice	Open	Open	League Practice	League Practice	Open	Open	Closed	Closed

*Look for our NEW SOFTWARE rolling out soon. Online registration/payments/push notifications & more!  
If interested in private rental please call (830) 606-9507. Slots are filling up fast don't wait.  
View our interactive calendar @ [NEWBRAUNFIT.ORG](http://NEWBRAUNFIT.ORG) Subscribe and add to your personal calendar*

LEGEND:   CHILD/YOUTH ACTIVITY   SPORT/FITNESS CLASS   LEAGUES

Calendar subject to change. Check website for details.