

CARDIO FIT



(830) 606-9507

newbraunfit.org

801 W. San Antonio, New Braunfels, TX 78130



MCKENNA

NEW BRAUNFIT GYM

THE BEST GAME IN TOWN

MON / WED / FRI

9am-9:50am

FULL GYM

\$10

MONTH

Designed for those new to exercise and active older populations. This is a fun, low-impact workout including warm-ups, 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.