

CHAIR FIT

\$10
MONTH

(830) 606-9507

newbraunfit.org

801 W. San Antonio, New Braunfels, TX 78130



MON / WED



12pm-12:50pm

MCKENNA
NEW BRAUNFIT
THE BEST GAME IN TOWN

FULL GYM

Rewarding safe way to exercise using a chair for stability. This class was developed with seniors & folks needing rehabilitation from injuries. This class will focus on balance & strength.

