

PILATES FIT

\$10

MONTH

(830) 606-9507

newbraunfit.org

801 W. San Antonio, New Braunfels, TX 78130



TUE / THUR

7am-7:50am

COURT 2



MCKENNA
NEW BRAUNFIT GYM
THE BEST GAME IN TOWN

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

