

SENIOR FIT

\$10

MONTH

(830) 606-9507

newbraunfit.org

801 W. San Antonio, New Braunfels, TX 78130



MON / WED / FRI

10am-10:50am

COURT 2



MCKENNA

NEW BRAUNFIT GYM

THE BEST GAME IN TOWN

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

