



Introducing the FLEX Series

Fit Living EXercises

At McKenna New BraunFit
Starting October 17th, 2011

**You flex your brain all day...
Take time to flex your body too.
3 weekly classes focusing on total fitness!**

Attend all three classes for ultimate results!

Mondays
4:15-5:15

Boot Camp

- Conditioning
- Body Weight
- Cardio

Tuesdays
4:15-5:15

Functional Training

- Abs / Core
- Balance
- Coordination

Wednesdays
4:15-5:15

Cross Training

- Strength
- Cardio
- Endurance



FREE with \$30 Annual Membership
830.606.9507
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www.NewBraunFit.org
www.facebook.com/NewBraunFit

