

Promoting Fitness in Body, Mind and Spirit.

New BraunFit Gym Class Descriptions.

Boot Camp

This intermediate to advanced class will have you burning calories with body weight exercises, high level muscle conditioning and much more!

Cardio and More

Designed for those new to exercise and the active older population. A fun, low-impact workout including warm-up, 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.

Cardio Kickboxing

A high energy workout that's fun! Combines kickboxing with athletic moves and strength exercises for a total body workout.

FLEX Series

A series of 3 weekly classes focused on total fitness. Class rotates between: cross training for strength, cardio and endurance; functional training for abs/core, balance and coordination; and boot camp for conditioning, and cardio.

Line Dancing

Learn the basics of line dancing turns, walks, grapevines, and steps touches to the beat of familiar songs.

Mind & Body

Create balance in the body through the development of strength and flexibility by performing poses or postures, each of which has physical benefits.

Muscle Conditioning

Features flexibility, strengthening, and muscle conditioning. Light equipment is used.

Open

This open gym time is provided under the supervision of New BraunFit staff for activities and fun in a safe and positive environment. Available for all ages.

Power Lunch Strength Training

Join us at lunch for a 45-minute power workout that will help increase your strength and endurance! Weights, stretch bands, and toning balls will be used in this power workout.

Senior Stretch and Balance

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

Sharp Shooters

Learn the fundamentals of basketball in this introductory class designed for K-4th graders.

Walk Strong

All you need is a good pair of shoes, comfortable clothing, and the desire to move. We walk laps around the gym to upbeat music with brief stops to target major muscle groups with hand weights. This class will get your heart rate up as you walk towards your 10,000 steps per day recommended by the American Heart Assn.

Youth Fit

Appropriate for 4th-8th graders. Class curriculum will follow State of Texas standards for physical education.

Walking Track Sixteen laps around the track is equivalent to one mile. Pedometers available at the front desk. The Track is available during open hours.

Annual Membership Fees

OPEN GYM ONLY

Individual.....	\$30
Family of 3 or more.....	\$84

OPEN GYM PLUS CLASSES

Individual.....	\$36
Family of 3 or more.....	\$120

Ask about our private rental rates!

Hours of operation

Monday-Thursday	8:00 am-9:00 pm
Friday	8:00 am-8:00 pm
Saturday	9:00 am-5:00 pm
Sunday.....	Closed



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NEW BRAUNFIT

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New BraunFit Gym Schedule: May 2012

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2
8:00–9:00 am	7:30-8:30 MUSCLE CONDITIONING	7:30-8:30 MUSCLE CONDITIONING	MIND & BODY	MIND & BODY	7:30-8:30 MUSCLE CONDITIONING	7:30-8:30 MUSCLE CONDITIONING	MIND & BODY	MIND & BODY	7:30-8:30 MUSCLE CONDITIONING	7:30-8:30 MUSCLE CONDITIONING	Closed	Closed
9:00–10:00 am	CARDIO AND MORE	CARDIO AND MORE	Open	Open	CARDIO AND MORE	CARDIO AND MORE	Open	Open	CARDIO AND MORE	CARDIO AND MORE	Open	Open
10:00–11:00am	Open	10:15-11:15 LINE DANCING	10:30-11:30 WALK STRONG	10:30-11:30 WALK STRONG	Open	10:15-11:15 LINE DANCING	10:30-11:30 WALK STRONG	10:30-11:30 WALK STRONG	Open	Open- Pickleball	10:15-11:15 SHARP SHOOTERS	Open
11:00–12:00pm	Open	11:30-12:15 SENIOR STRETCH & BALANCE	10:30-11:30 WALK STRONG	10:30-11:30 WALK STRONG	Open	11:30-12:15 SENIOR STRETCH & BALANCE	10:30-11:30 WALK STRONG	10:30-11:30 WALK STRONG	Open	Open- Pickleball	Open	Open
12:00–1:00 pm	12:30-1:15 POWER LUNCH STRENGTH TRAINING	12:30-1:15 POWER LUNCH STRENGTH TRAINING	12:30-1:15 CARDIO KICKBOXING	12:30-1:15 CARDIO KICKBOXING	12:30-1:15 POWER LUNCH STRENGTH TRAINING	12:30-1:15 POWER LUNCH STRENGTH TRAINING	12:30-1:15 CARDIO KICKBOXING	12:30-1:15 CARDIO KICKBOXING	12:30-1:15 POWER LUNCH STRENGTH TRAINING	12:30-1:15 POWER LUNCH STRENGTH TRAINING	Open	Open
1:00–2:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
2:00–3:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
3:00–4:00 pm	Open	Open	Open	2:30-3:30 YOUTH FIT	Open	Open	Open	2:30-3:30 YOUTH FIT	Open	Open	Open	Open
4:00–5:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
5:00–6:00 pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Closed	Closed
6:00–7:00 pm	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	RENTAL	RENTAL	Closed	Closed
7:00–8:00 pm	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	RENTAL	RENTAL	Closed	Closed
8:00–9:00 pm	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	Open- Basketball	Open- Volleyball	Closed	Closed	Closed	Closed

LEGEND: PRIVATE RENTAL CHILD/YOUTH CLASS SPECIALTY CLASS *Gym management has the right to change "open gym" status without notice as needed for use of the gym.