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FEATURED

## McKenna holds key to better health

By Jordan Gass-Poore' New Braunfels Herald-Zeitung  
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Sandra Wumderich does cardio as part of New BraunFit at the McKenna Center Friday.

KATHRYN PARKER | New Braunfels Herald-Zeitung

Through various fitness programs and sports leagues, the McKenna New BraunFit Gym aims to advance the well-being of all New Braunfels community members.

The 10,000-square-foot indoor gymnasium provides a space for those to not only start or continue to be physically active, but to interact socially and form long-lasting friendships.

“We have a really core group in the mornings,” said Kristen Fain, New BraunFit director. “They’re a lot of fun.”

New Braunfels resident Mary Colson, 87, has been attending the gym’s one-hour active adult cardio class with her daughter Lynn Kosuda since it first started.

“I guess we need it,” Colson said. “This is a great class.”

Colson, clad in a paisley shirt and white capris, and Kosuda, among 28 others, stepped, kicked and stretched to the instruction of Heather Tyler last week.

Tyler began teaching at New BraunFit earlier this month and is also a zumba instructor.

An iPad sat propped in its case on the gym’s bleacher as Tyler continued to announce the routine’s steps through a headset microphone, in synch with her movements and classic pop songs streaming out of the small speaker beside her.

“Step together, 3, 4,” said Tyler, as her black athletic shoes sashayed across the bleacher.

Kosuda, 66, said the classes provide her with more energy, stamina and agility.

“This suits us,” she said.

Fellow classmate and New Braunfels resident Beverly Robinson said she attends the cardio class four days a week in an effort to lead a healthy lifestyle.

Besides attending the class, Robinson said she also rides five miles on her bike around 7 every morning.

“Getting old is hell,” said Robinson, who wore a blue-and-black sparkle tank top, pants and bright-colored sneakers with complimentary eye shadow, lipstick and mascara. “It isn’t for sissies.”

Fain, whose mother regularly attends New BraunFit's fitness programs, said she believes people become gym members because of its consistency and variety of activities.

"There are no real fitness levels," she said. "The programs meet them where they're at."

Besides active adult fitness classes, New BraunFit offers youth sports leagues, camps and clinics — including the Spurs youth basketball league — as well as an indoor walking track and gym rentals.

Fain said the Spurs league brought out almost 500 children, and 90 girls registered for the gym's summer basketball team.

Other popular gym activities include pilates and Walkstrong, which is an instructor-led program where participants walk the facility's parameter with hand weights, as well as zumba and the racquet sport pickleball.

"The idea is to have a little something for everyone in the family," Fain said.

The New BraunFit gym was built as an addition of McKenna Children's Museum in 2006 for community outreach purposes, on the structure that was formerly an HEB grocery store.

After McKenna was acquired by Christus Santa Rosa Health System in 2008, it was decided that the structure that houses New BraunFit Gym would continue to be under the McKenna name.

"It's a unique space for New Braunfels," Fain said.