

# TBB NEWS

## Dec. Events

### Dec. 6 NXPT (SAT)

Bring a friend with you to share the experience a TBB workout. 10-11:30am

### Dec. 20 Zumba (Sat)

Zumba and Yoga at NXPT. Join us for a Zumba workout class. Feel free to invite a friend.

### Dec. 24 & 25 (Holiday)

No workouts on Wed. Dec. 24 and Thur. Dec. 25. Merry Christmas.

### Dec. 26 Holiday Bowling

Please join us for our annual Holiday bowling event. Friday Dec. 26, 4:00-6:00pm

### Winter Break (Dec. 28 - Jan. 2)

We have completed our 12 weeks of workouts. We return to the gym the week of Mon. Jan. 5



## Bring a Friend Saturday's

We are offering two free Saturday classes this Month. Classes will be held at our new location NXPT in west Chula Vista from 10:00am - 11:30am. This is a great way to get your weekend started, come join and join us, get to know our newest location, and invite a friend.

### Dec. 6th (10:00-11:30am)

Location; NXPT 649 Anita St. Unit A3, Chula Vista 91911

### Dec. 20th (Zumba 10:00-11:30am)

We are having a guest Zumba instructor on Saturday Dec. 20th at our West Chula Vista gym (NXPT). Please join us to experience a Zumba workout. Please feel free to bring a friend.

### Holiday Bowling Party

A nice way to have some fun together outside of the gym. We will send out information to sign up for our Bowling Event.

### TBB Gear

We will be placing orders for our new TBB merch on Monday Dec. 1 and another one the following Monday Dec. 8. We are putting together an order form for TBB gear. Please place your order through our website. [teambreakingbarriers.org](http://teambreakingbarriers.org)