

TBB NEWS

Feb. Events

Friday Feb. 13th President's Day

No Workouts

Monday Feb. 16th President's Day

No Workouts

Zumba Sat. Feb 21st. @ NXPT

Zumba and Yoga
10:00-11:30am

Zumba Sat. Feb 28th @ NXPT

Zumba and Yoga
10:00-11:30am

Looking ahead

Race for Autism 5K

Saturday April 11th

Session #1: 12 weeks of workouts in 2026. After 12 weeks we will have a one week break.

The next scheduled break will be Mar. 30- Apr. 3

Session #2:



HAPPY February!!!!

We are entering the 2nd and shortest month of the year. We are off to a great start. TBB observes federal holidays, we have two this month, no workouts. Looking ahead, we plan to participate in the Race For Autism 5K. TBB has registered for the event, we invite everyone to sign up and join our team on Saturday April 11th.

TBB is growing and expanding.

One of the missions for TBB is to provide support for our athletes to have access to fitness centers in the community. We partner with fitness centers that support our mission and provide us access to their gyms to host our classes. We could not have been able to accomplish this level of growth without the support from the families and athletes in our program. On behalf of myself and all of coaches, we THANK YOU.

We are pleased to announce that TBB has partnered with five different fitness centers.

- (1) San Diego Strength and Wellness (Eastlake)
- (2) Extreme Fitness (Eastlake)
- (3) Ambition Athlete Development (Eastlake)
- (4) NXPT (West Chula Vista)
- (5) Daygo Performance (National City)