

# TBB NEWS

## Jan. Events

### Jan. 24th Zumba @ NXPT

Saturday Zumba and Yoga at NXPT. 10:00-11:30am. Invite a friend.

### Jan. 19th: MLK DAY

Monday, Jan. 19th- No Workout (Holiday)

### Jan. 31st. Sat @ NXPT

Invite a friend to a Saturday workout.

### Jan. 5th-Mar. 27th

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:

Apr. 6th-Jun. 26th



## HAPPY NEW YEAR!!!!

Happy 2026 , hope everyone enjoyed their winter break and ready to kick off 2026. We have two Saturday workouts planned this month. Jan. 24th & Jan. 31st (10:00-11:30am)

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

### Sat. Jan. 24th. (Zumba 10:00-11:30am)

We are having a guest Zumba instructor on Saturday Jan. 24th at our West Chula Vista gym (NXPT). Please join us to experience a Zumba workout. Please feel free to bring a friend.

### Changes in Eastlake location

Our gym location in Eastlake has moved from suite 210 to 205. Our classes just moved a few suites down, we are hosting our classes at GameBread Training Center located in the same building, now on the right side of the parking lot.

### Girl's group is moving to Extreme Fitness.

Our Tuesday/ Thursday girls will now be training at Extreme Fitness. Starting Tuesday January 6th our girls group will have a new location to train. This new location is equipped with all new state of the art exercise machines. We are confident that this new location will enhance our training.