

# Break the Barriers

## Health & Fitness

BTB offers adult group fitness classes in a non-threatening, welcoming environment. **Show Up Fitness** class combines aerobic and strength training in a dynamic and adaptable class. **Water Aerobics** takes place year-round in our indoor heated pool. All fitness levels are welcome in both programs. Our **Weight/Cardio Room** is also included in this package.

Fall Schedule:

Show Up Fitness: Monday – Friday 9AM – 10AM

Water Fitness: Monday – Friday 9AM – 10AM

Date: August 11<sup>th</sup>-December 22<sup>nd</sup>

Price: \$171 for 18 weeks

Drop-In Fee: \$5 per visit

Personal Training: \$58 per hour

For more information contact us at: (559) 432-6292

Updated: July 9,2025