# 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. **No refunds or credits on fees paid**

**Spring Schedule Starts January 4th – June 5th, 2027**

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

Water Fitness: Monday – Friday 9AM – 10AM

**Price: $240**

Drop-In Fee: $5 per visit

Personal Training: $62

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

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