



TEAM BREAKING BARRIERS

Adaptive Fitness

Team Breaking Barriers is opening a second location. Team Breaking Barriers is currently accepting new athletes at our new location in National City.

We are proud to announce that we have partnered with Daygo Performance to use their fitness center to train our athletes. We are starting with a soft opening in June and will be hosting classes on Mondays and Wednesdays only.

Class Schedule

Monday and Wednesday	Spots Available
11:45-1:15	4
1:30-3:00	4
3:15-4:45	4
5:00-6:30	4

Team Breaking Barriers Mission: To empower and provide individuals with disabilities the opportunity to experience a routinely active lifestyle and establish peer relationships through our team-centric approach to adaptive fitness training.

Come and experience fitness through the guidance of a coach and the support of your teammates

Our training programs promotes Functional Movements, Balance, Coordination, Strength Development, Cardiovascular, and team work.

If you are interested or know someone that is interested please call Coach Jorge at (619) 921-9890 to schedule your appointment and to secure your spot. We are only accepting 16 total athletes.

Please remember that this is a fitness center that is open to the public. Team Breaking Barriers does not offer behavioral or hygiene support. These classes are at a 4 athlete to 1 coach ratio. Applicants must be able to stay with the group and follow directions. Classes are offered to participants who are in 9th grade and older.

Daygo Performance
1143 Highland Ave.
National City, CA 91950

Coach Jorge
619-921-9890

