



Featured Services

Stretching | Mobility | Water Aerobics | Low Impact Resistance Training | Seated Exercises | Seated Yoga/Zumba | Sports/Deep Tissue Massage | Physiotherapy



Why Choose TBT?

Vetted & Background Checked | Insured | Highly Experienced | Specialists | Able to Provide Safe & Varied Classes | Fitness Professionals (not just taken a week course!) | Able to Make the Session's Fun & Enjoyable as well as Beneficial!

Our Happy Clients

