

# 2026



# January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1 <i>Happy New Year</i> OFFICE CLOSED	2	3	4 CIRCUIT TRAINING 8:00 AM
5 FITNESS BOOT CAMP 8:00 AM	6	7 SPIN AEROBICS 6:00 PM	8	9	10	11 CIRCUIT TRAINING 8:00 AM
12 FITNESS BOOT CAMP 8:00 AM	13	14 SPIN AEROBICS 6:00 PM	15	16	17	18 CIRCUIT TRAINING 8:00 AM
19 FITNESS BOOT CAMP 8:00 AM	20	21 SPIN AEROBICS 6:00 PM	22	23	24	25 CIRCUIT TRAINING 8:00 AM
26 FITNESS BOOT CAMP 8:00 AM	27	28 SPIN AEROBICS 6:00 PM	29	30	31	1

**Office Hours**

**Mon, Tue, Thurs & Fri:** 9am - 6pm  
**Wed:** 10am - 5pm  
**Sat:** 10am - 5pm **Sun:** 1pm - 5pm

**Phone:** 954-344-5483

**Address:**  
3701 Turtle Run Boulevard  
Coral Springs, FL 33067

**Maintenance Emergencies:**

If you need immediate maintenance service after regular office hours:  
**954-344-5483**

**Courtesy Attendant:**

Please call the office if you are in need of our Courtesy Attendant's service. If it is after regular office hours the answering service will forward your message.