

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	<div> <div>Happy</div> <div>NEW YEAR</div> <div>OFFICE CLOSED</div> </div> 1	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.