

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 FITNESS BOOT CAMP 8:00 AM	30	1 SPIN AEROBICS 6:00 PM	2	3	4 CIRCUIT TRAINING 8:00 AM
5	6 FITNESS BOOT CAMP 8:00 AM	7	8 SPIN AEROBICS 6:00 PM	9	10	11 CIRCUIT TRAINING 8:00 AM
12	13 HAPPY Columbus DAY	14	15 SPIN AEROBICS 6:00 PM	16	17	18 CIRCUIT TRAINING 8:00 AM
19	20 FITNESS BOOT CAMP 8:00 AM	21	22 SPIN AEROBICS 6:00 PM	23	24	25 CIRCUIT TRAINING 8:00 AM
26	27 FITNESS BOOT CAMP 8:00 AM	28	29 SPIN AEROBICS 6:00 PM	30	31 HAPPY Halloween	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.