


MARCH



2024

MON	TUES	WED	THUR	FRI	SAT	SUN
				1	CIRCUIT TRAINING 7:30 AM 2	3
FITNESS BOOT CAMP 8:00 AM 4	5	SPIN AEROBICS 6:00 PM 6	7	8	CIRCUIT TRAINING 7:30 AM 9	 10
FITNESS BOOT CAMP 8:00 AM 11	12	SPIN AEROBICS 6:00 PM 13	14	15	CIRCUIT TRAINING 7:30 AM 16	St Patrick's DAY 17
FITNESS BOOT CAMP 8:00 AM 18	HELLO Spring 19	SPIN AEROBICS 6:00 PM 20	21	22	CIRCUIT TRAINING 7:30 AM 23	24
FITNESS BOOT CAMP 8:00 AM 25	26	SPIN AEROBICS 6:00 PM 27	28	29	CIRCUIT TRAINING 7:30 AM 30	HAPPY Easter OFFICE CLOSED 31

Office Hours

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

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.