

APRIL

2024

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

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.