

# FIT & FUN REPORT

## January



### Happy New Year!

As we step into 2026, we want to say thank you for being a member and for helping make 2025 such a meaningful year. Silverlake is more than a fitness center, it's a community, and it's because of you that it continues to thrive.

We're excited for what's ahead and look forward to supporting your goals, your family, and your wellness journey in the new year!

### Winter Golf League

Keep your game sharp all winter long with our Winter Golf League! Sign up once for the full season (January 12–March 15), then reserve a 1-hour weekly golf simulator session to play 9 holes on the featured league course each week. Submit your score after every round and compete for prizes awarded at the end of the league.

**Member price:** \$100 for the season



[REGISTER HERE](#)

### Welcome to the team, Joshua Cross!

We're excited to welcome Joshua Cross to the Silverlake Sports Academy team as our new Head Coach! With years of experience coaching youth ages 4–15, Joshua brings a passion for building skills, confidence, teamwork, and sportsmanship—both on and off the field. His engaging, hands-on coaching style creates a fun and encouraging environment where young athletes can grow and thrive.

We're thrilled for our athletes and families to work with him!



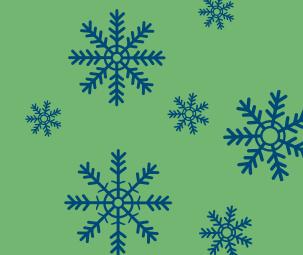
**January**  
**Bring a Guest**  
**Free Days!**

**January 7th**

**and**

**January 21st**

Earn a **\$50 gift card** if your guest joins!



### Swim & Gymnastics Lessons Register Today!

There's no better time to start swim or gymnastics lessons. These programs help kids build strength, confidence and essential skills while having fun and staying active all season long.

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