

# 2026 Event Overview: Mark Your Calendars

*(in chronological order, color coded for similar events)*

- InBody Results & Planning Success Workshop: Sat, January 17 11am-12pm
  - Fitness Progress & Personal Best (“PR”) Week #1: Mon 1/26 - Sat 1/31
    - The ‘Show Up Strong 2026’ Challenge Ends: January 31
  - Bent On Better Strength University Workshop (Part 1): Sat., February 21
  - Bent On Better Strength University Workshop (Part 2): Sat., March 28
    - Strong For A Cause (*annual charity event*): Saturday, April 25
  - Fitness Progress & Personal Best (“PR”) Week #2: Mon 4/27 - Sat 5/2
    - “Moms, Coffee & Strength”: Saturday, May 9
    - “Fathers, Fitness & Fuel”: Saturday, June 20
  - Bent On Better Strength University Workshop (Part 3): Sat., June 27
    - B.O.B. Staff Celebration & Anniversary Party: Saturday, August 1
  - Fitness Progress & Personal Best (“PR”) Week #3: Mon 8/24 - Sat 8/29
- Bent On Better Strength University Workshop (Part 4): Sat., September 19
- Bent On Better Strength University Workshop (Part 5): Sat., October 24
- Fitness Progress & Personal Best (“PR”) Week #4: Mon 10/26 - Sat 10/31
  - Challenge Start Date: Monday, November 2
  - Challenge End Date: Saturday, December 12
- Year End Holiday Party: Saturday, December 12

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# Bent On Better 2026 Recognized Holidays & Adjusted Hours

(Chronological Order)

**New Year's Eve 2025** ~~Wednesday, December 31, 2025~~  
(*Modified schedule: 8am, 9am, 10am only*)

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- New Year's Day**: Thursday, January 1 **(Closed)**
- Memorial Day**: Monday, May 25 **(Closed)**
- Juneteenth**: Friday, June 19 **(Closed)**
- Independence Day**: Saturday, July 4 **(Closed)**
- Labor Day**: Monday, September 7 **(Closed)**
  - Thanksgiving Eve**: Wednesday, November 25  
(*Modified schedule: 8am, 9am, 10am only*)
- Thanksgiving Day**: Thursday, November 26 **(Closed)**
- Day After Thanksgiving**: Friday, November 27 **(Closed)**
  - Christmas Eve**: Thursday, December 24  
(*Modified schedule: 8am, 9am, 10am only*)
- Christmas Day**: Friday, December 25 **(Closed)**
- Day After Christmas**: Saturday, December 26 **(Closed)**
  - New Year's Eve**: Thursday, December 31  
(*Modified schedule: 8am, 9am, 10am only*)

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- New Year's Day 2027**: Friday, January 1 **(Closed)**
- Day After New Year's Day 2027**: Saturday, January 2 **(Closed)**