

The Central Florida Dreamplex is a center for fitness and recreation open to everyone but specifically designed for families with special needs. Our facility blends alternative therapy, adaptive sports, recreational activities, and group fitness classes for the whole family into one location to serve your wellness needs.

RECREATIONAL THERAPY

Therapeutic recreation assists in the improvement of emotional, cognitive, physical, and social well-being. Unless otherwise noted, these classes are intended for those with intellectual or developmental disabilities or special needs.

BALLET



Tuesdays
4:00-4:45 PM

This class introduces students to the basics of ballet and hip hop. Class begins with a warm up and stretching then proceeds to instruction of rhythmic movements, basic choreography and across the floor exercises to promote strength, balance, and memory. Age appropriate, fun music and the use of props make the class an exciting and challenging time for young students. Those students with limited mobility will need a caregiver to assist during some exercises.

Instructor: Katrina Lynch

CHEERLEADING



Wednesdays
6:00-7:00 PM

This class focuses on proper warm-up and stretch techniques, dance, cheer, and basic stunting. It is great for beginners with no previous cheerleading experience. We will build confidence and stay fit, all while having fun! The squad will learn a routine to perform at games, events, and Special Olympic competitions.

Instructor: Hailey Profeta

KARATE: SHINSEI KARATE DO



Thursdays
5:45-6:30 PM
6:30-7:15 PM (DSACF)

This 45-minute class is open to beginners and all levels of experience. We will introduce proper stretching, warm-ups, and Shinsei Karate Do forms. Participants will learn and refine their skills in kicking, punching, and blocking. The instructor will teach forms in both English and Japanese. Classes change as students learn and adapt to new challenges. Presented In association with Shinsei Karate Do & Fitness Center.

Instructor: Maribel Ramos

PAYMENT OPTIONS

First Class FREE for New Members
Scholarships Available
No Refunds

Unlimited Class Membership (contingent on availability)

\$50/month for 1 participant
\$65/month for 2 participants
\$75/month for Family (up to 6)

OR

Pay-Per-Class

\$75 per 9-week class
per participant

- Members will have 1st priority

REGISTER IN ADVANCE **NEW & CURRENT MEMBERS**

Hailey Bransfield
hbransfield@cfldreamplex.com
(352) 545-4503

Scan Me!



Ask us about our partnership with DSACF for class scholarships and classes for DSACF members!

