

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

GYMNASTICS
 CHEERLEADING
 NERF ARCHERY
 ART & EXPLORATION
 LIL' TUMBLERS
 CARDIO BOXING & FITNESS
 TAE KWON DO
 BALLET & HIP HOP
 MUSIC & EXPLORATION

For those with physical disabilities or special needs

Group Fitness

STRETCH & TONE
 YOGA
 ZUMBA
 BALLROOM DANCE

For those with and without disabilities
 PARENTS WELCOME

Adaptive Sports

POWER SOCCER
 WHEELCHAIR BASKETBALL
 WHEELCHAIR TENNIS
 SLED HOCKEY
 SITTING VOLLEYBALL
 ADAPTIVE WATER SKIING
 ADAPTIVE OUTDOORS
 TRACK & FIELD

Therapy

PHYSICAL THERAPY
 OCCUPATIONAL THERAPY
 SPEECH & LANGUAGE
 EARLY INTERVENTION
 AQUATIC

Sports Clinics

FLAG FOOTBALL
 LACROSSE
 SOCCER
 TRACK & FIELD
 BASKETBALL
 KICKBALL
 VOLLEYBALL

Programs & More!

DREAMCARE
 LITTLE DREAMERS
 DANCE NIGHTS
 SPACE RENTALS
 THERAPEUTIC SCHOOL
 GAME NIGHT
 SOCIAL SKILLS
 VOCATIONAL SEWING
 THE FRIENDSHIP PLACE

SEE BELOW FOR MEMBERSHIP OPTIONS!



Ask us about our Adaptive Sports programs!

Class Registration

- Members will have 1st priority
- Registration must be done in advance to reserve a spot
- All new and current members contact Abby Mendo at (352) 612-8196 or amendo@cfdreamplex.com

Payment Options (No Refunds)

First class FREE for new participants!

Unlimited Class Membership
 (contingent on availability)

\$50/month for 1 participant

\$65/month for 2 participants

\$75/month for Family (up to 6 people)

OR

Pay-Per-Class

\$85 per 10-week

class per participant

Scholarships are Available - SEE BACK!

Email Abby for more info: amendo@cfdreamplex.com

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.

CARDIO BOXING Mondays 6:30-7:15 PM



This non-contact boxing program offers a 45 minute class for all levels of experience. The class includes instruction on stretching and warm-up exercises, proper boxing stance, body positioning and punching techniques. Each participant will get to practice the speed bag, heavy bag and focus mitt combos, and other fun conditioning drills. These boxing drills aim to help improve the participant's muscular endurance, focus, hand-eye coordination, and overall strength. The boxing program is also a great stress reliever and self-confidence booster!

Instructor: Cameron Gomes

JUDO Wednesdays 5:30-6:15 PM



This Judo class is for ages 8+ and a great way for participants to learn new self-defense skills, get their physical activity in, and build their confidence in new ways. Participants will be taught a multitude of new skills including, blocking, kicking, punching, agility, balance, and obedience. There will also be ways for participants to build their endurance levels.

Instructor: Lauren Mecee

TAE KWON DO Thursdays 6:30-7:15 PM Recommended for beginners and white belts 7:15-8:00 PM Recommended for yellow belts and above



This 45 minute class is open to beginners and all levels of experience and will introduce proper stretching, warm-ups, and Tae Kwon Do forms. Participants learn and refine their skills in kicking, punching, blocking, and one step techniques. Classes change as students learn and adapt to new challenges. Presented in association with World Class Taekwondo!

*Skill level placement is at parent and instructor discretion

Instructor: Master Suresh Young Lalla

GROUP FITNESS

The following classes are open to everyone, including those with or without disabilities. See descriptions for age restrictions.

ZUMBA

Mondays 7:15-8:00 PM
 Wednesdays 11:00-11:45 AM

A class designed for everybody! Each Zumba® class is designed to bring people together to sweat it out. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba is a total workout combining all elements of fitness - cardio, conditioning, balance, and flexibility!

Wednesday classes will take place in The Friendship Place suite.

Instructor: Isaac

STRETCH & TONE

Tuesdays
 7:15-8:00 PM

Looking for better strength and flexibility? In this class you'll tone your tum, legs and arms, working your muscles to move better, bend more easily and reach higher.

Instructor: Megan Craycraft

CHAIR YOGA

Thursdays 10:45-11:30 AM
 @ The Friendship Place

Yoga focuses on developing core strength, toning muscles, increasing flexibility, and reducing stress. Yoga can be done seated on the floor, on a chair, or by using a chair for support. This class is appropriate for adult students who simply prefer to move at a slower pace.

Instructor: Megan Craycraft



South Lake County Residents



The Community Foundation of South Lake has provided a scholarship fund to the Central Florida Dreamplex for South Lake County residents to participate in sports and recreation.

To qualify, participant must reside in South Lake County. Cities include Clermont, Montverde, Groveland, Mascotte, Ferndale, Minneola, and Stuckey

Notify Abby Mendo if you qualify
 amendo@cfidreamplex.com