

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.

ZUMBA



Mondays
10:00-10:45 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! (Minimum of 4 registrants required to open the class)

Instructor: Sol

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

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



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

\$85 per 10-week

class per participant

- Members will have 1st priority

REGISTER IN ADVANCE
NEW & CURRENT MEMBERS

Abby Mendo

amendo@cfdreamplex.com

352-612-8196

LEARN TO SEW



Learning to sew builds confidence and independence! All experience levels welcome, from beginner to advanced. Sewing is a valuable skill - opening doors for future employment opportunities!

ASK FOR MORE INFORMATION AT OUR FRONT DESK

JOIN OUR E-NEWSLETTER and STAY IN-THE-KNOW



Sport Clinics
Community Events
Adaptive Sports
(and more!)

