

SUN MON TUE WED THU FRI SAT

FEBRUARY IS RECREATIONAL THERAPY MONTH



This is a great opportunity to recognize how recreational therapy enhances well-being and quality of life through fun, meaningful activities. A special thanks to Abby Mendo for her leadership and dedication to the Recreational Therapy program, making a lasting impact on so many lives!

1
The Harper Family
Charitable Foundation, Inc.
Milestones & Miracles
10th ANNIVERSARY
Dreamplex Foundation
GALA

2

3
THEATER
6:30-7:15 PM
DANCE MOVEMENT
7:15-8:00 PM

4
CHEERLEADING
Picture Day!
Class Full - No walk-ins
6:00-7:00 PM
STRETCH & TONE
7:15-8:00 PM

5
ZUMBA
11:00-11:45 AM

Valentine Art Night
6-7PM
Register Online


6
YOGA
10:45-11:30 AM
TAE KWON DO - A
6:30-7:15 PM
TAE KWON DO - B
7:15-8:00 PM

7
8

9

10
THEATER
6:30-7:15 PM
DANCE MOVEMENT
7:15-8:00 PM

11
CHEERLEADING
Class Full - No walk-ins
6:00-7:00 PM
STRETCH & TONE
7:15-8:00 PM


12
ZUMBA
11:00-11:45 AM

13
YOGA
10:45-11:30 AM
TAE KWON DO - A
6:30-7:15 PM
TAE KWON DO - B
7:15-8:00 PM

14

15

16

17

PRESIDENT'S DAY
DREAMPLEX OPEN
REGULAR HOURS
THEATER
6:30-7:15 PM
DANCE MOVEMENT
7:15-8:00 PM

18
CHEERLEADING
Class Full - No walk-ins
6:00-7:00 PM
STRETCH & TONE
7:15-8:00 PM

19
ZUMBA
11:00-11:45 AM

20
YOGA
10:45-11:30 AM
TAE KWON DO - A
6:30-7:15 PM
TAE KWON DO - B
7:15-8:00 PM

21
22

23

24
THEATER
6:30-7:15 PM
DANCE MOVEMENT
7:15-8:00 PM

25
CHEERLEADING
Class Full - No walk-ins
6:00-7:00 PM
STRETCH & TONE
7:15-8:00 PM

26
ZUMBA
11:00-11:45 AM

27
YOGA
10:45-11:30 AM
TAE KWON DO - A
6:30-7:15 PM
TAE KWON DO - B
7:15-8:00 PM

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Mon-Fri: 8am - 6pm
Sat & Sun: Closed
Mon, Tues, Thurs Evenings: Open for Classes Only

www.cfldreamplex.com 352-394-0212

