

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  
 HOME SCHOOL PE  
 PILATES

For those with and without disabilities

## Adaptive Sports

POWER SOCCER  
 WHEELCHAIR BASKETBALL  
 WHEELCHAIR TENNIS  
 SLED HOCKEY  
 SITTING VOLLEYBALL  
 GOAL BALL  
 ADAPTIVE WATER SKIING

## Therapy

PHYSICAL THERAPY  
 OCCUPATIONAL THERAPY  
 SPEECH & LANGUAGE  
 EARLY INTERVENTION  
 HIPPO THERAPY  
 AQUATIC

## Sports Clinics

FLAG FOOTBALL/LACROSSE  
 SOCCER  
 TRACK & FIELD  
 BASKETBALL

## Programs & More!

DREAMCARE  
 LITTLE DREAMERS  
 OPEN PLAY  
 PARENTS' NIGHT OUT  
 DANCE NIGHTS  
 SPACE RENTALS  
 THERAPEUTIC SCHOOL

**SEE BELOW FOR MEMBERSHIP OPTIONS!**



**Ask us about our Adaptive Sports programs!**

### Class Registration

- Members will have 1st priority
- Registration can be done via e-mail at [info@cfdreamplex.com](mailto:info@cfdreamplex.com)

### Payment Options

#### 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

\$65 per 8-week class per participant

## 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 a physical disability or special needs.

### GYMNASTICS



**Mondays**  
**5:30-6:15 PM Beginners**  
**6:15-7:00 PM Advanced**

Gymnastics classes emphasize flexibility, gross motor skills, balance, strength, coordination, and social skills. The focus is on teaching skills in small increments and building one skill on another. This allows children to enjoy achieving small goals leading to improvement of their physical and social skills as well as their self-confidence. Advanced class trains for the Special Olympics competition, but competing is not a requirement.

**Instructor: Maddy Comley**

### CHEERLEADING



**Tuesdays**  
**6:15-7:00 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: Kristie Hershner**

### 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: 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 5:30-6:15 PM**

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!

**Instructor: Isaac**

**\*\*To accommodate all who would like to participate, members may attend either Monday OR Wednesday each week, but not both**

### 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**

### YOGA

**Thursdays 10:45-11:30 AM**

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**

# *Don't Save the Date*

## 2021 NO-SHOW GALA

October 23rd, 2021 (or whenever!)

Find out more at  
[www.cfldreamplex.com/noshowgala](http://www.cfldreamplex.com/noshowgala)