

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 a physical disability or special needs.

### CHEERLEADING

Wednesdays  
 6:00-6:45 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: Bralin Roach

### ADULT KICK BOXING

Wednesdays  
 6:15-7:00 PM



This non-contact boxing program offers a 45 minute class for adults of 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: Maribel Ramos

### KARATE: SHINSEI KARATE DO

Thursdays  
 Ages 5-12: 6:00-6:45 PM  
 Ages 13+ : 7:00-7:45 PM



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

## GROUP FITNESS

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

### DISCO ZUMBA Adults Only

Wednesdays  
 7:00-8:00 PM



A class designed for adults only! Each Zumba® class is designed to bring people together to sweat it out. We take the "work" out of workout, by mixing low 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 with a disco spin!

Instructor: Arelis Romero

### REGISTER TODAY!

In Person or E-mail  
[info@cfdreamplex.com](mailto:info@cfdreamplex.com)

- Members will have 1st priority

### 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)

OR

#### Pay-Per-Class

\$65 per 8-week class  
 per participant

*Your Absence  
 Is Requested*

2021  
 NO-SHOW GALA

October 23rd  
 (or whenever!)

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