

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.

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

PAYMENT OPTIONS (SCHOLARSHIPS AVAILABLE!)

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

Contact Hailey Profeta for payment, scholarships, and registration

hprofeta@cfdreamplex.com OR (352) 545-4503

GROUP FITNESS - \$5 per Class (Free for Members!)

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

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

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

2ND ANNUAL ILLUMINATE FOR INCLUSION

APRIL 2ND, 2022, 6-9 PM

A FAMILY EVENT TO CELEBRATE ALL
 ABILITIES AND RAISE FUNDS FOR
 PEOPLE WITH SPECIAL NEEDS



DAHL

FAMILY LAW GROUP
 — WHERE FAMILY MATTERS —

80-PIECE
 SYMPHONY ORCHESTRA

GLOW-IN-THE-DARK
 DANCE PARTY

FOOD TRUCKS

FULL BAR

RAFFLE



www.cfdreamplex.com/illuminate

PURCHASE TICKETS TODAY!

5165 Adanson Street

Orlando, FL 32804

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www.cfdreamplex.com