

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 (Class A)  
 10:45-11:30 AM (Class B)

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

### BALLET



**Tuesdays**  
 4:00-4:45 PM (Ages 4+)

This class introduces students to the basics of ballet and hip hop. Class begins with a warm up and stretching then proceeds to instruction of rhythmic movements, basic choreography and across the floor exercises to promote strength, balance, and memory. Age appropriate, fun music and the use of props make the class an exciting and challenging time for young students. Those students with limited mobility will need a caregiver to assist during some exercises.

Instructor: Katrina Lynch

### 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**

**\$55 per 6-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



This program is an opportunity to learn the art of sewing - a valuable skill to build confidence and independence. All experience levels welcome, from beginner to advanced. Our intention is to provide vocational training to support future employment opportunities.

**ASK FOR MORE INFORMATION AT OUR FRONT DESK**

THE 9TH ANNUAL  
**CENTRAL FLORIDA DREAMPLEX GALA**  
 PRESENTED BY  
**80's PROM!**  
 HARPER FAMILY  
 CHARITABLE

