

ADULT FITNESS Membership

18 AND UP
(ID Required)



ORANGE
COUNTY
PARKS &
RECREATION

MEADOW WOODS RECREATION CENTER

1751 Rhode Island Woods Circle, Orlando, FL 32824



\$100 A YEAR

90 day adult membership for \$25

\$75 a year for seniors over 55 years old or active military

Access to fitness area • Gymnasium • Game room
(assigned times) (assigned times)

Over 45 years of age? Medical Release required. Classes Paid Separately!

CLASSES OFFERED

(Paid Separately)



Fitness Center Hours:

Monday to Saturday
8:00 A.M. to 8:00 P.M.

Sunday
1:00 to 8:00 P.M.

• Membership card required
for entry to facility

Tae Kwon Do

Mondays and Wednesdays
5:45 P.M. and 7:00 P.M.
\$65 per month • Pay Instructor

Zumba

Tuesdays and Thursdays
7:00 – 8:00 P.M.
\$5 per class • Pay Instructor

Brazilian Jiu - Jitsu

Tuesdays and Thursdays
5:50 – 6:50 p.m.
\$70 per month • Pay Instructor

Room, gym and pavilion rentals available!

Interested in coaching or volunteering, sign up!

For more info, call (407) 254-9065 • www.OrangeCountyParks.net

We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

