



# It Starts in Parks

## Meadow Woods Gym

### Class Descriptions



<p><b>ADULT FITNESS MEMBERSHIP</b>          \$100/year          or          \$25/90 days          18 and UP  <b>Pay at Front Desk</b></p>	<p>Access to Fitness Rooms, Gymnasium (assigned times) and Game Room (assigned times). <b>ID required for Entrance.</b>          Members over 45 years of age need a Medical Clearance to enroll.  <b>HOURS: Monday to Saturday - 8:00 a.m. to 8:00 p.m. and Sundays - 1:00 p.m. to 8:00 p.m.</b>  <b>*HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE - GYMNASIUM HOURS ARE POSTED ON SITE.</b></p>
<p><b>TEEN FITNESS MEMBERSHIPS</b>          \$100/year          or          \$25/90          16-17 year olds  <b>Pay at Front Desk</b></p>	<p>Access to Fitness Rooms, Gymnasium (assigned Youth Open Gym times only) and Game Room (assigned Youth times).  <b>ID required for entrance.</b> Teen Membership requires an active membership of an <b>Adult Family Member (age of 18 or older) present during all workouts.</b>  <b>HOURS: Monday to Saturday - 8:00 a.m. to 8:00 p.m. and Sundays - 1:00 p.m. to 8:00 p.m.</b>  <b>*HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE - GYMNASIUM HOURS ARE POSTED ON SITE.</b></p>
<p><b>YOUTH OPEN GYM</b>          FREE          Ages 8 to 17          (Birth Certificate or Passport Required)  <b>Enroll at Front Desk</b></p>	<p>Access to Gymnasium (Monday to Friday &amp; Sundays - 3:00pm to 5:00pm) and Game Room (after 2:00pm).  <b>ID required for Entrance.</b> State issued ID and legal guardian signature required for enrollment.  <b>HOURS: Gymnasium &amp; Game Room - Monday to Friday &amp; Sundays 3:00 p.m. to 5:00 p.m., Wednesdays 2:00 p.m. to 5:00 p.m., Summer/Holiday Hours typically 2:00 p.m. till 5:00 p.m.</b>  <b>*HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE - GYMNASIUM HOURS ARE POSTED ON SITE</b></p>
<p><b>TAE KWON DO</b>          \$65/month  <b>Pay Instructor</b></p>	<p>Tae Kwon Do fundamentals are taught through progressive belt ranking system, enabling the participant to set a goal of ultimately a achieving Black Belt status. These goals encompass discipline, respect and encourage academics.  <b>Classes: Mondays and Wednesdays - 5:45 p.m. to 6:45 p.m. OR 7:00 p.m. to 8:00 p.m.</b></p>
<p><b>Knights Brazilian Jiu-Jitsu</b>          \$70.00/month  <b>Pay Instructor</b></p>	<p>Develop power, speed and coordination. Burn calories and build strength through aerobic and strength training exercises. Learn self defense, discipline and confidence. Learn to respect yourself and others.  <b>Classes: Tuesdays and Thursdays - 5:50 p.m. to 6:50 p.m.</b></p>
<p><b>ZUMBA</b>          \$5.00 per call  <b>Pay Instructor</b></p>	<p>Zumba® combines targeted body-sculpting exercises and high-energy cardio workout. Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party for the entire family.  <b>Classes: Tuesdays and Thursdays - 7:00 p.m. to 8:00 p.m.</b></p>

Meadow Woods Recreation Center is located at 1751 Rhode Island Woods Circle. Orlando, FL 32824. Phone #: 407-254-9065