



It Starts in Parks

Meadow Woods Gym

Class Descriptions



<p>ADULT FITNESS MEMBERSHIP \$100/year or \$25/90 days 18 and UP Pay at Front Desk</p>	<p>Access to Fitness Rooms, Gymnasium (assigned times) and Game Room (assigned times). ID required for Entrance. Orange County Employees over 45 years of age need a Medical Clearance to enroll. HOURS: Monday to Saturday - 8:00 a.m. to 8:00 p.m. and Sundays - 1:00 p.m. to 8:00 p.m. *HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE - GYMNASIUM HOURS ARE POSTED ON SITE.</p>
<p>TEEN FITNESS MEMBERSHIPS \$100/year or \$25/90 16-17 year olds Pay at Front Desk</p>	<p>Access to Fitness Rooms, Gymnasium (assigned Youth Open Gym times only) and Game Room (assigned Youth times). ID required for entrance. Teen Membership requires an active membership of an Adult Family Member (age of 18 or older) present during all workouts. HOURS: Monday to Saturday - 8:00 a.m. to 8:00 p.m. and Sundays - 1:00 p.m. to 8:00 p.m. *HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE - GYMNASIUM HOURS ARE POSTED ON SITE.</p>
<p>YOUTH OPEN GYM FREE Ages 8 to 17 (Birth Certificate or Passport Required) Enroll at Front Desk</p>	<p>Access to Gymnasium (Monday to Friday & Sundays - 3:00pm to 5:00pm) and Game Room (after 2:00pm). ID required for Entrance. State issued ID and legal guardian signature required for enrollment. HOURS: Gymnasium & Game Room - Monday to Friday & 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. *HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE - GYMNASIUM HOURS ARE POSTED ON SITE.</p>
<p>TAE KWON DO \$65/month Pay Instructor</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. Classes: Mondays and Wednesdays - 5:45 p.m. to 6:45 p.m. OR 7:00 p.m. to 8:00 p.m.</p>
<p>Knights Brazilian Jiu-Jitsu \$70.00/month Pay Instructor</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. Classes: Tuesdays and Thursdays - Childrens' Class 5:00 p.m. - 5:50 p.m. Adult Classes 5:50 p.m. to 6:50 p.m.</p>
<p>ZUMBA \$5.00 per call Pay Instructor</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. Classes: Tuesdays and Thursdays - 7:00 p.m. to 8:00 p.m.</p>

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