



Wellness Center: SW ORLANDO

Address: 8803 Futures Drive, Suite 13 Orlando

Phone Number: 407-768-4676



Monday Tuesday Wednesday Thursday Friday

1	2	3	4	5
9am Coffee and talk 10am Dumbels Workout 11am Cardio Boxing 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Zumba Gloria 10am Meditation 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	9am Coffee and talk 10am Strong Circle 11am Estreching 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee and talk 10am Arte and Crafts 12pm Hearty Snacks 1pm TeaTime 2pm Read and Learn 3pm Training 1:1	9am Tea Time 10am Zumba -EMY 11am Play Games 1pm 2pm Training 1:1 3pm Training 1:1
9am Coffee and talk 8 10am Dumbels Workout 11am Cardio Boxing 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Zumba Gloria 10am Meditation 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	9am Coffee and talk 10 10am Strong Circle 11am Estreching 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee and talk 11 10am Arte and Crafts 12pm Hearty Snacks 1pm TeaTime 2pm Read and Learn 3pm Training 1:1	9am Tea Time 12 10am Zumba -EMY 11am Play Games 1pm Bithdays's Ruth Rivera
9am Coffee and talk 15 10am Dumbels Workout 11am Cardio Boxing 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Zumba Gloria 10am Meditation 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	9am Coffee and talk 17 10am Strong Circle 11am Estreching 1pm HES Dr. REYES 3pm Training 1:1	9am Coffee and talk 18 10am Arte and Crafts 12pm Hearty Snacks 1pm TeaTime 2pm Read and Learn 3pm Training 1:1	9am 19 10am 11am FATHER'S DAY CELEBRATION
9am Coffee and talk 22 10am Dumbels Workout 11am Cardio Boxing 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Zumba Gloria 10am Meditation 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	9am Coffee and talk 24 10am Strong Circle 11am Estreching 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee and talk 25 10am Arte and Crafts 12pm Hearty Snacks 1pm TeaTime 2pm Read and Learn 3pm Training 1:1	9am Tea Time 26 10am Zumba -EMY 11am Play Games 1pm 2pm Training 1:1 3pm Training 1:1
9am Coffee and talk 29 10am Dumbels Workout 11am Cardio Boxing 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Zumba Gloria 10am Meditation 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1			

SPECIAL EVENTS

June 17th at 1:00 PM
 Health Education Serie
 Dr. Betania Reyes

June 19th
 Father's Day Celebration
 Time: 11 AM

- *Physical Exercises
- *Social
- *Arts & Crafts
- *Educational



@imamedicalgroup



Centro de Bienestar: SW ORLANDO

Dirección: 8803 Futures Drive suite 13. Orlando

Teléfono: 407-768-4676



Lunes	Martes	Miercoles	Jueves	Viernes
1 9am Café y charla 10am Pesas Workout 11am Cardio Boxing 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	2 9am Zumba Gloria 10am Meditacion 11am Recovery Time 1pm 2pm Entrena 1:1 3pm Entrena 1:1	3 9am Cafe y charla 10am Circulo de Fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	4 9am Café y charla 10am Manualidades 12pm Comida y Salud 1pm TeaTime 2pm Circulo de lectura 3pm Entrena 1:1	5 9am Te y charla 10am Zumba -EMY 11am Juegos 1pm 2pm Entrena 1:1 3pm Entrena 1:1
8 9am Coffee Time 10am Pesas Workout 11am Cardio Boxing 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9 9am Zumba Gloria 10am Meditacion 11am Recovery Time 1pm 2pm Entrena 1:1 3pm Entrena 1:1	10 9am Coffee Time 10am Circulo de Fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	11 9am Café 10am Manualidades 12pm Comida y Salud 1pm TeaTime 2pm Circulo de lectura 3pm Entrena 1:1	12 9am Teatime 10am Zumba -EMY 11am Juegos 1pm CUMPLEANOS RUTH RIVERA 2pm Entrena 1:1 3pm Entrena 1:1
15 9am Coffee Time 10am Pesas Workout 11am Cardio Boxing 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	16 9am Zumba Gloria 10am Meditacion 11am Recovery Time 1pm 2pm Entrena 1:1 3pm Entrena 1:1	17 9am Coffee Time 10am Circulo de Fuerza 11am Estiramiento 1pm HES Dr. REYES 3pm Entrena 1:1	18 9am Café 10am Manualidades 12pm Comida y Salud 1pm TeaTime 2pm Circulo de lectura 3pm Entrena 1:1	19 9am 10am 11am CELEBRACION DIA del PADRE
22 9am Coffee Time 10am Pesas Workout 11am Cardio Boxing 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	23 9am Zumba Gloria 10am Meditacion 11am Recovery Time 1pm 2pm Entrena 1:1 3pm Entrena 1:1	24 9am Coffee Time 10am Circulo de Fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	25 9am Café 10am Manualidades 12pm Comida y Salud 1pm TeaTime 2pm Circulo de lectura 3pm Entrena 1:1	26 9am Teatime 10am Zumba -EMY 11am Juegos 1pm 2pm Entrena 1:1 3pm Entrena 1:1
29 9am Coffee Time 10am Pesas Workout 11am Cardio Boxing 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	30 9am Zumba Gloria 10am Meditacion 11am Recovery Time 1pm 2pm Entrena 1:1 3pm Entrena 1:1			

EVENTOS ESPECIALES

Junio 17
 Hora: 1:00 PM
 Charla Educativa
 Dr. Betania Reyes

Junio 19
 Celebracion Dia del Padre
 Hora: 11 AM

- *Ejercicios
- *Social
- *Manualidades
- *Educativa



@imamedicalgroup