



# AUG 2026

Wellness Center: **SW ORLANDO**

Address: 8803 Futures Drives Suite 13, Orlando FL 32819

Phone number: 407-768-4676



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|                                                                                                                                                         |                                                                                                                                                  |                                                                                                                                                                                 |                                                                                                                                                       |                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>9am <b>Coffee Time</b><br>10am <b>Strength Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>  | <b>4</b><br>9am <b>Coffee Tie</b><br>10am <b>Zumba Time</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>   | <b>5</b><br>9am <b>Coffee Time</b><br>10am <b>Circuit Training</b><br>11am Recovery Time<br><b>1pm MaryLuz's Birthday</b><br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>6</b><br>9am <b>Coffee Time</b><br>10am <b>Special Activity</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>7</b><br>9am <b>Coffee Time</b><br>10am <b>Zumba Time</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>  |
| <b>10</b><br>9am <b>Coffee Time</b><br>10am <b>Strength Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>11</b><br>9am <b>Coffee Time</b><br>10am <b>Zumba Time</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>12</b><br>9am <b>Coffee Time</b><br>10am <b>Circuit Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>                          | <b>13</b><br>9am <b>Coffee Time</b><br>10am<br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>                        | <b>14</b><br>9am <b>Coffee Time</b><br>10am <b>Zumba Time</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> |
| <b>17</b><br>9am <b>Coffee Time</b><br>10am <b>Strength Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>18</b><br>9am <b>Coffee Time</b><br>10am <b>Zumba Time</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>19</b><br>9am <b>Coffee Time</b><br>10am <b>Circuit Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>                          | <b>20</b><br>9am <b>Coffee Time</b><br>10am<br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>                        | <b>21</b><br>9am<br>10am<br>11am<br><b>1pm HES EDUCATION DAY</b><br><b>PAIN MANAGEMENT</b>                                                       |
| <b>24</b><br>9am <b>Coffee Time</b><br>10am <b>Strength Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>25</b><br>9am <b>Coffee Time</b><br>10am <b>Zumba Time</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> | <b>26</b><br>9am <b>Coffee Time</b><br>10am <b>Circuit Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>                          | <b>27</b><br>9am <b>Coffee Time</b><br>10am<br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b>                        | <b>28</b><br>9am <b>Coffee Time</b><br>10am <b>Zumba Time</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> |
| <b>31</b><br>9am <b>Coffee Time</b><br>10am <b>Strength Training</b><br>11am Recovery Time<br>1pm<br>2pm <b>Training 1:1</b><br>3pm <b>Training 1:1</b> |                                                                                                                                                  |                                                                                                                                                                                 |                                                                                                                                                       |                                                                                                                                                  |

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



## SPECIAL EVENTS

AUG 21st  
 TIME 1:00 PM  
 Health Education Series  
 Dr. Carlos Ramos  
 Pain Management

One on One Training: is reserved for patients who require individualized coaching and additional support due to difficulty participating in group classes.



@imamedicalgroup



# AGO 2026

Centro de Bienestar: **SW ORLANDO**

Dirección: 8803 Futures Drives suite 13. Orlando FL32819

Teléfono: 407-768-4676



## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

|                                                                                                                        |                                                                                                                 |                                                                                                                                                   |                                                                                                                              |                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>9am Café y charla<br>10am Pesas Workout<br>11am Recuperacion<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1  | <b>4</b><br>9am Café y charla<br>10am Zumba<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1  | <b>5</b><br>9am Café y charla<br>10am Circuito de Fuerza<br>11am Recovery Time<br>1pm <b>Cumple Maryluz</b><br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>6</b><br>9am Café y charla<br>10am Actividad Especial<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1  | <b>7</b><br>9am Café y charla<br>10am Zumba<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1  |
| <b>10</b><br>9am Café y charla<br>10am Pesas Workout<br>11am Recuperacion<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>11</b><br>9am Café y charla<br>10am Zumba<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>12</b><br>9am Café y charla<br>10am Circuito de Fuerza<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1                      | <b>13</b><br>9am Café y charla<br>10am Actividad Especial<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>14</b><br>9am Café y charla<br>10am Zumba<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 |
| <b>17</b><br>9am Café y charla<br>10am Pesas Workout<br>11am Recuperacion<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>18</b><br>9am Café y charla<br>10am Zumba<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>19</b><br>9am Café y charla<br>10am Circuito de Fuerza<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1                      | <b>20</b><br>9am Café y charla<br>10am Actividad Especial<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>21</b><br>9am<br>10am<br>11am<br>1pm <b>HES EDUCACION MANEJO DEL DOLOR</b><br>2pm<br>3pm                     |
| <b>24</b><br>9am Café y charla<br>10am Pesas Workout<br>11am Recuperacion<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>25</b><br>9am Café y charla<br>10am Zumba<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>26</b><br>9am Café y charla<br>10am Circuito de Fuerza<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1                      | <b>27</b><br>9am Café y charla<br>10am Actividad Especial<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 | <b>28</b><br>9am Café y charla<br>10am Zumba<br>11am Recovery Time<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 |
| <b>31</b><br>9am Café y charla<br>10am Pesas Workout<br>11am Recuperacion<br>1pm<br>2pm Entrena 1:1<br>3pm Entrena 1:1 |                                                                                                                 |                                                                                                                                                   |                                                                                                                              |                                                                                                                 |



## EVENTOS ESPECIALES

Agosto 21 Hora: 1:00 PM  
Educando sobre la Salud  
Dr. Carlos Ramos  
Manejo del Dolor.

### Entrena 1 a 1:

Esta destinado a pacientes que requieren un acompañamiento personalizado y que necesitan apoyo adicional mas alla del entorno de clases grupales.

\*Ejercicios  
\*Social  
\*Manualidades  
\*Educativa



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