



CONTACT INFORMATION:

MS. DEBORAH

407-599-3275

Winter Park Community Center

721 W New England Avenue

Senior Wellness Unlimited Classes

Non-Resident Membership \$20.00 + Wellness Class \$25.00/Jan 2024-Dec 2024 (not prorated)

City of Winter Park Residents Free w/Membership

Monday

Aerobic Jam 9:30am – 10:30am

Energize your active lifestyle using low-impact movements

Tuesday

Tai Chi 9am – 10am

Wednesday

Zumba 9:30am – 10:30am

Get moving with the sounds of music, improve your balance, coordination and rhythm.

Thursdays

Gentle Yoga 9:30am – 10:30am

Enjoy a slow less intense yoga practice that includes stretching, meditation, and relaxation.

Friday

Water Aerobics 12:45pm

