

GARDENS

WEEKLY CLASSES

FLORIDA MOVEMENT THERAPY CENTERS

DAY

CLASS ACTIVITY

TIME

MONDAY

Boxing

2 PM

WEDNESDAY

Boxing

2 PM

**Let's Talk!
Speech Wellness***

4 PM

**via ZOOM only

FRIDAY

Fusion

Boxing mixed with
Stretching & Strengthening

2 PM

**LET'S TALK!
SPEECH
WELLNESS**


ZOOM ONLY

**WEDNESDAYS AT 4PM
FRIDAYS AT 1PM**

*INCLUDED WITH FL MDF MEMBERSHIP

- Movement class is Beginner/Intermediate
- Boxing is Intermediate/Advanced
- **\$15/Class or \$100/10 Class Package**
- **\$100/FL MDF Annual Membership***

SCHEDULING/QUESTIONS

 561-619-9520

Reservations are required for all classes