



# South Econ Recreation Center

**Mondays, Tuesdays & Thursdays**

**6:30 p.m. - 7:30 p.m.**

**Saturdays • 8:00 a.m. - 9:00 a.m.**

Classes provide an intense, full body workout that will burn calories up to 48 hours after that session.

- Free trial class where you can meet with a lead trainer to discuss your goals •
- Bring yoga/exercise mat, towel and set of dumbbells comfortable for movement •
- Membership options available •
- Class is led by certified instructor •

**For ages 16 & up**

For more info, call (407) 254-9092  
or email [jennifer@fortefitness.com](mailto:jennifer@fortefitness.com)

[www.OrangeCountyParks.net](http://www.OrangeCountyParks.net)

ORANGE  
COUNTY  
PARKS &  
RECREATION



3850 South Econlockhatchee Trail, Orlando, FL 32829

We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

