

## **NEWS RELEASE**

For Immediate Release

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### **HEALTHY PARTNERSHIP! UCF COLLEGE OF MEDICINE STUDENTS WORKOUT FOR FREE AT THE LAKE NONA YMCA FAMILY CENTER**

The UCF Recreation and Wellness Center, Student Government Association and YMCA of Central Florida now have four partnerships for Knights on regional campuses

**Orlando, FL (March 22, 2018)** – The UCF Recreation and Wellness Center and Student Government Association are excited to announce a new addition to an ongoing partnership with the YMCA of Central Florida. The RWC and YMCA have added the Lake Nona Family Center to list of regional gym partnerships that will provide nearly 500 UCF College of Medicine students an alternative to workout. SGA is covering the cost through the Activity and Service fees so there is no additional costs to students. Students can begin workouts on Monday, March 26, 2018.

The majority of Knights at the College of Medicine, especially first and second year medical students, live in the Lake Nona area, so the Family Center on Northlake Parkway in Orlando will provide a nearby alternative for students. The YMCA has all the recreational amenities and flexible hours that UCF students have become accustomed to including:

- Outdoor pool
- Wellness Center
- Indoor and outdoor basketball courts
- Group exercise classes
- Cardio and weight floors
- Hours:
  - M-F: 5:30am - 9:00pm
  - Sat: 8:00am - 5:00pm
  - Sun: 12:00pm – 5:00pm

Allison Kommer, Assistant Director of Student Academic Support Services at the UCF College of Medicine says a partnership promoting healthy lifestyles will help students with the high demands of attaining their four-year medical degree , “At this time, wellness is the biggest subject in medical education in the United States. Anything that medical schools can provide to reduce stress and burnout is greatly appreciated by our students.”

The YMCA of Central Florida is now providing regional gym opportunities for UCF students in Cocoa, Lake Mary/Sanford, Rosen School of Hospitality near International Drive in Orlando and Lake Nona. UCF Executive Director of Recreation and Wellness Jim Wilkening is thrilled about the impact the partnership has had, “SGA and the RWC continue to provide all UCF students a place to recreate and practice healthy lifestyle habits. This new agreement does just that by affording the students at the medical college a place to call their recreation home.”

For more information on the store please contact Scott Mauro, Marketing and Communications Manager at the RWC at [scott.mauro@ucf.edu](mailto:scott.mauro@ucf.edu).

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**REGIONAL  
RECREATION  
WORKOUT  
PROGRAM**



**College of  
Medicine**



New Free Workout Program

# UCF - Lake Nona YMCA

For UCF College of Medicine Students

**Lake Nona  
YMCA Family Center**

9055 Northlake Pkwy,  
Orlando, FL 32827  
**PHONE:** 407.852.3520

<https://ymcacentralflorida.com/y-locations/lake-nona/>

## HOW TO GET YOUR **FREE** MEMBERSHIP CARD

Bring your valid UCF ID and a current copy of your class schedule to the facility to register for your **FREE** membership card.

### HOURS:

M-F | 5:30a - 9:00p  
Sat | 8:00a - 5:00p  
Sun | 12:00p - 5:00p

### AMENITIES:

- Outdoor Pool
- Wellness Center
- Indoor & Outdoor Basketball Courts
- Group Exercise Classes

For more information on Regional Campus Recreation visit  
[rwc.sdes.ucf.edu/programs/regional](http://rwc.sdes.ucf.edu/programs/regional)



Recreation and  
Wellness Center

[rec.ucf.edu](http://rec.ucf.edu)

@UCFRWC



[ucf\\_rwc](https://www.instagram.com/ucf_rwc)



[ucfrwc](https://www.snapchat.com/add/ucfrwc)

Division of Student  
Development and  
Enrollment Services



The Lake Nona YMCA Family Center is a little more than 5 miles from the UCF College of Medicine and in a unique setting shares a campus with families who send their children to the Northlake Park Community School.