

**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



Recreation and
Wellness Center

rec.ucf.edu

@UCFRWC



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

Division of Student
Development and
Enrollment Services