



Adaptive Crossfit Wellness Program

We are happy to announce that the Orlando Health Adaptive CrossFit Wellness Program will continue through 2025! With support from the Craig H. Neilsen Foundation and Orlando Health Foundation, we can continue to sponsor a limited number of memberships to those in the community living with a disability.

We have six locations including South Orlando, MetroWest, Winter Park, Winter Garden, and Downtown Orlando. Please communicate with Bob Melia or Erin Jones if you plan to participate to ensure we have a spot available for you. Then contact the gym at the number listed on the back of this flyer to set up a time to come in and meet the coaches and attend a class.

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To participate in the Adaptive CrossFit Program, the expectation is that:

- You have medical clearance from your physician to participate in an adaptive exercise program (must have documentation of medical clearance).
- If you are under the age of 18, you have your guardian's consent (must have signed consent from parent or guardian).
- You will attend at least two classes per week.
- You will start the program by attending class times at the discretion of your coach. You can join at other class times when cleared by the CrossFit coach. This will help with a more successful integration so that you and the coaches feel comfortable with the modifications and set-up.
- Before you attend a class, you will look at the workout of the day. You will arrive early to discuss modifications or substitutions with the coaches early if needed.
- If you require more than set-up assistance (supervision or assistance with exercises, transitions, maneuvering through the gym), the expectation is that you bring someone with you to assist.

If you have any questions or would like to participate in our free program, please contact:

Erin Jones (321) 843-5237

Erin.Jones@OrlandoHealth.com

Bob Melia (321) 843-2976

Robert.Melia@OrlandoHealth.com

Six Locations

CrossFit Iron Shamrock

120 NW. Crown Point Rd.

Winter Garden, FL 34787

Tiffany Ferlmann (309) 369-0904

Primus CrossFit

5103 Forsyth Commerce Rd.

Orlando, FL 32807

Nate Caro (407) 247-9481

SOCF Fitness

11687 S. Orange Blossom Trl.

Orlando, FL 32837

Guillermo Reyes (407) 550-5898

South Orlando CrossFit

40 W. Illiana St.

Orlando, FL 32806

Trevor Palmer (407) 203-6739

Steel Furnace CrossFit

4614 36th St., Suite 601

Orlando, FL 32811

Roy Cohen (407) 588-7809

Uncanny Fitness

1120 Solana Ave.

Winter Park, FL 32789

Kuang Wei Huang (407) 620-0929



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