

July at



Center Hours:
 Monday - Friday: 7am-8pm
 Saturday: 8am-3pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:15am-8am Active Isolated Stretching	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	8:30am-9:30am Vinyasa Flow
8am-9am Body Blast	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	8am-9am Cardio, Core, & More	8am-9am Gutts & Butts	8am-9am 20/20/20	9am-10am Iron Yoga <i>No class 7/13/19</i>
8:30am-9:30am Intermediate Vinyasa	8am-9am Muscle Works	8:30am-9:30am Intermediate Vinyasa	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle*	9:00am-10:30am Courts 1-3 Round Robin Tennis
9:15am-10:15am Strengthen & Lengthen	9:15am-10:15am Pilates/Yoga Mix	9am-10am Tai Chi	10:30am-1pm Tennis: Legends	9am-10am Tai Chi	9am-12pm Pickleball
10:15am-11:15am Cardio Flex	9:15am-10:15am Restorative Yoga	10:15am-11:15am Strengthen & Lengthen	1pm-8pm Open Tennis Court #2	10:30am-11:30am Rollassage*	10:30am-1pm Tennis: Legends
10:30am-8pm Open Tennis Court #2	1pm-8pm Outdoor Pickleball Court #1	9:15am-10:30am Pickleball	1pm-8pm Outdoor Pickleball Court #1	9:15am-10:30m Pickleball	1pm-3pm Open Tennis Court 2 & 3
10:30am-8pm Outdoor Pickleball Court #1	10:30am-1pm Tennis: Legends	10:30am-8pm Open Tennis Court #2	5:15pm-6:15pm All Ages Karate* \$	10:30am-8pm Outdoor Pickleball Court #1	12pm-3pm Open Gymnasium
5:15pm-6:15pm All Ages Karate* \$	1pm-8pm Open Tennis Court #2	10:30am-8pm Outdoor Pickleball Court #1	6pm-8pm Open Volleyball in Gymnasium	10:30am-8pm Open Tennis Court #2	1pm-3pm Outdoor Pickleball Court #1
5:30pm-8pm Pick-up Basketball	5:30pm-6:30pm Group Indoor Cycle*	5:30pm-8pm Open Gym unless there are indoor soccer games		5:30pm-8pm Open Gymnasium	

Check with Front Desk for location of class.

*Must Pre-register

\$ additional fees for members

Please note classes & programs may change.

Tennis Court #3
 Reserved for Private
 Lessons MWF 7:30am-8pm
 TRS 7:30am-10:30am
 TRS 1pm-Close

Open Gymnasium times
 subject to change for
 recreational events

July at The Center

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Youth Center

Drop-in Day Care

Monday-Friday Mornings
9am to 12pm

Beyond The Classroom K-5th Grades*

After School- Monday-Friday till 6pm

For more info contact
ashley@centerami.org

Summer Camp*

Register Now! Ashley@centerami.org

Summer My Way*

8:30am-5:30pm
Must Register the
Thursday prior to Care
Pick between Sports & Discovery
Ages 5-12

Robotics Camp*

July 15th -19th
9am-12pm

Drama Camp*

July 22th-16th and
July 29th- Aug. 2nd
Performances on Aug. 2nd

Seniors

AMI Resident
Community Connections Socials
The 2nd Friday of every month at 6pm

Save The Date

CENTER CLOSED

July 4th for Independence Day
Aug 5-10 for staff training and maintenance

Sports Center

League Sports*

Visit www.centerami.org for more information

Youth Indoor Soccer

Tuesday nights
visit www.centerami.org for schedule
For info timothy@centerami.org

Tennis Lessons*

With the Tennis Pro EJ For more information
contact EJ at 941.725.9273

Adult Flag Football League

Must register by Saturday, July 13th
Evaluations July 18th
Games start July 25th
For info timothy@centerami.org



(941)778-1908

info@centerami.org
www.centerami.org

See other side for daily class schedule

Classes & programs may change

Fitness Center



**Our Fitness Area is
open when we are!**

Please Note

The Fitness area is not the same
as the Gymnasium or Gym

Fitness Room Orientations

are available and are FREE
email: Islandfitness@hotmail.com

Interested in Personal Training?

Island Fitness is here to help.
email: islandfitness@hotmail.com

See other side for daily schedule
of Fitness Classes

Healthy Backs and Happy Hips

August 17th 11am-1:30pm
Must pre-register at the front desk
Space is limited

***Must Pre-register**