

August 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 |
| 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 | 9:15am-10:30m Pickleball | 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 | 10:30am-8pm Outdoor Pickleball Court #1 | 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 Open Tennis Court #2 | 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 Gymnasium | 1pm-3pm Outdoor Pickleball Court #1 |
| 6pm-8pm Pick-up Basketball | 5:30pm-6:30pm Group Indoor Cycle* | 6pm-8pm Open Gymnasium | | | |

Starting Aug. 12th
 Pickleball
 9:15am-11am M-F
 Open Gymnasium
 11:15am-3:15pm M-F

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**

*The Center is closed
 Aug. 5th-10th*

**Must Pre-register*

*\$ additional fees
 for members*

*Please note classes &
 programs may change.*

August at The Center

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

Sports Center

League Sports*

Visit www.centerami.org for more

Youth Fall Soccer

Coming Soon
For more information
timothy@centerami.org

Tennis Lessons*

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

Adult Fall Soccer League

Coming in September/October
For more information
timothy@centerami.org

Youth Center

Beyond The Classroom K-5th Grades*

After School- Monday-Friday till 6pm
For more info contact
ashley@centerami.org

Save The Date

CENTER CLOSED

August 5th -10th
For staff training and maintenance
September 2nd
in observation of Labor Day

The LaPensee Bowling Tournament

Saturday, September 7th
5pm at Bowlero Bradenton
Get your tickets now
at The Center front desk

Seniors

AMI Resident
Community Connections Socials
The 2nd Friday of every month at 6pm
****For August it will be on
August 16th****



407 Magnolia Ave
(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**
7.24.19