

July at



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am Round Robin Tennis	7am-7:45am (G) Active Isolated Stretching No Class 7/20	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	9:00am-10am (G) Iron Yoga
7:45am-8:45am (G) Muscle Works	7:30am-10:30am Round Robin Tennis	7:45am-8:45am (G) Cardio, Core, & More	8am-9am (G) Gutts & Butts	7:45am-8:45am (G) Balance, Core, and Stretch	9:00am-10:30am Courts 1-3 Round Robin Tennis
9am-10am (PA) Restorative Yoga	8am-9am (G) Total Body Conditioning	9am-10am (PA) Tai Chi	9am-10am (PA) Vinyasa Yoga	9am-10am (CF) Group Indoor Cycle*	10:30am-1pm Tennis: Legends
9am-10:15am Pickleball	9am-10am (PA) Vinyasa Yoga	9am-10am (CF) Group Indoor Cycle*	9:15am-10:15am (G) Pilates/Yoga Mix No Class 7/15	9am-10am (PA) Tai Chi	10:30am-1pm Pickleball
10:15am-11:15am (PA) Cardio FUNction	9:15am-10:15am (G) Pilates/Yoga Mix No class 7/13	9am-10:15am Pickleball	10:30am-1pm Tennis: Legends	10:30am-1pm Pickleball	1pm-3pm Open Tennis
10:30am-8pm Open Tennis	10:30am-1pm Tennis: Legends	10:15am-11:15am (PA) Cardio FUNction	1pm-8pm Open Tennis	10:30am-7pm Open Tennis	1pm-3pm Open Gymnasium
6pm-8pm Open Gymnasium	1pm-8pm Open Tennis	10:30am-8pm Open Tennis		1pm-2:30pm Open Gymnasium	
		6pm-8pm Open Gymnasium		6pm-7pm Open Gymnasium	

*No evening open gym 7/12-7/16

No Pickleball or
Open gym 7/2/21

*Must Pre-register

Fitness Class Room

PA: Performing Arts Room

CF: Cross Fit Room

G: Gymnasium

*Rooms and Schedule is subject to change

*Please arrive to your class before the start time, no one is allowed to enter a class 10 minutes after it's start time

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

July at The Center

Sports Center

League Sports*

Visit www.centerami.org or email connor@centerami.org for more information

Tennis Lessons*

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

Adult Flag Football

Draft 7/15 First game 7/22
Contact connor@centerami.org for more information

Youth Volleyball Camp

July 12,14-16 5:30pm-7:30pm
Ages 12-17
Contact connor@centerami.org for more information

Youth Center

Youth Jazz & Hip-Hop Dance Class*

5-16 years old
Thursdays 6:30pm-7:30pm

Summer My Way*

Summer Camp for 5-12 year olds
June 7th-July 30th
Monday-Friday 8am -6pm
youthprograms@centerami.org

Teen Summer Trips*

Tuesdays and Thursdays
Starts June 8th and runs through July 29th

Bradenton Gulf Island Concert Series

Presented by
Bradenton Area Arts & Culture
The Sandbar Restaurant
Cedar Cove Resort & Cottages

THE GRASSROOTS

Plus special guest Donnie Iris
Friday, July 2nd

For more information or tickets
visit centerami.org/events

The Center will be closed August 2nd-7th

For maintenance, cleaning & training
We are sorry for any inconvenience



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!**

HIIT Class

Mondays, Tuesdays, Thursdays
CrossFit Room
4pm-5pm Fee based

Interested in Personal Training?

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

See other side for daily schedule of
Fitness Classes

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

We recommend that for fitness classes
you bring your own mat and weights.