

May 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	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	8:00am-10:30am Round Robin Tennis
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, & Stretch	9:00am-10am (G) Iron Yoga
9am-10am (G) Restorative Yoga	8am-9am (G) Total Body Conditioning	9am-10am (G) Tai Chi	9:15am-10:15am (G) Pilates/Yoga Mix	7:45am-8:45am (PA) Vinyasa Yoga	10:30am-1pm Tennis: Legends
9am-10am (PA) Group Indoor Cycle*	8:30am-9:30am (PA) Vinyasa Yoga	9am-10am (PA) Group Indoor Cycle*	9:15am-10:15am (PA) iRestore* No class 5/12	9am-10am (PA) Group Indoor Cycle*	10:30am-12pm (G) Pickleball Intermediate & Up**
10:15am-11:15am (G) Cardio FUNction	9:15am-10:15am (G) Pilates/Yoga Mix	10:15am-11:15am (G) Cardio FUNction	10:30am-1pm Tennis: Legends	9am-10am (G) Tai Chi	12:30pm -1:00pm (G) Pickleball Experienced Beginners **
10:15am-11:15am (PA) iRestore*	10:30am-1pm Tennis: Legends	10:30am-8pm Open Outdoor Courts	10:30am-12:30pm (G) Pickleball Intermediate & Up**	10:30am-7pm Open Outdoor Courts	1pm-3pm Open Outdoor Courts
10:30am-8pm Open Outdoor Courts	10:30am-12:30pm (G) Pickleball Intermediate & Up**	11:30am-1pm (G) Pickleball Intermediate & Up**	12:30pm -1:30pm (G) Pickleball Experienced Beginners **	10:30am-12:30pm (G) Pickleball Intermediate & Up**	1pm-3pm Open Gymnasium
11:30am-1pm (G) Pickleball Intermediate & Up**	12:30pm -1:30pm (G) Pickleball Experienced Beginners **	1pm -2pm (G) Pickleball Experienced Beginners **	1pm-8pm Open Outdoor Courts	12:30pm -1:30pm (G) Pickleball Experienced Beginners **	
1pm -2pm (G) Pickleball Experienced Beginners **	1pm-8pm Open Outdoor Courts	2pm-3:30pm & 6-8pm Open Gymnasium	2pm-3:30pm & 6-8pm Open Gymnasium	2pm-3:30pm & 6-7pm Open Gymnasium	
2-3:30pm & 6-8pm Open Gymnasium	2pm-3:30pm & 6-8pm Open Gymnasium				

(G)= Gym
 (PA)= Performing Arts

Outdoor Classes are weather permitting

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

****Above pickleball times do NOT include lessons or coaching. See front desk for more information.**

***Must pre-register for Group Indoor Cycle, Cycle Sculpt and iRestore at the front desk or on the MemberMe+ App.**

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

May at The Center

Youth Center

Grade K-5th Tutoring # *

Mondays, Tuesdays, & Wednesdays
4:30pm-7:00pm

Tots Tumbling

Ages 2.5-4, Thursdays 3:30pm-4:15pm

Youth Tumbling

Grade K-5, Thursdays 4:30pm-5:15pm

Youth Hip Hop Dance Class

Ages 5-9 years, Thursdays 5:30pm-6:30pm
Ages 10 & Up Thursdays 6:30pm-7:30pm

Culture Classes

See front desk for more information

Friends and Family in Recovery Meeting

May 9th & May 23rd (every other Monday)
5:30pm-8:00pm

Free, No registration required. All are welcome

Book Club

Monday's 4:00pm-6:30pm

Youth Babysitting Class # *

Saturday, May 7th
9:00am-3:00pm

Must register by April 29th

Learn to play the Ukulele # *

May 18th, 6:00pm-8:00pm

*Must pre-register

#Additional Fees required

4.27.22

Events

Murph Challenge *

Monday, May 30th 8:00am
Register on or before May 27th

Senior Adventures *

De Soto National Monument Walk & Lunch
May 5th, Leave at 10:30am
St. Pete Pier Market Stroll
May 12th, Leave at 9am

Contact front desk for more information

Community Connections

Friday, May 13th
6:00pm-8:00pm

Sports Center

Tennis Lessons*

With the Tennis Pro EJ. For more info:
contact EJ at 941.725.9273



407 Magnolia Ave
(941)778-1908

info@centerami.org

www.centerami.org

See other side for daily class schedule

Classes & programs may change

Center Hours:

Monday-Thursday 7am-8pm

Friday 7am-7pm

Saturday 8am-3pm

Fitness Center



Our Fitness Area is open
when we are!

HIIT Class

Mondays, Tuesdays, Thursdays
11:30am-12:30pm with Brenda

30-Minute Body Blast

Mondays, Tuesdays, Wednesdays
8:00-8:30am, AND 8:30-9:00am
Mondays, Tuesdays, Thursdays
4:00pm-4:30pm with Monica

Youth Foundations in Fitness# Ages 8-17

Mondays & Thursdays
5:15pm-6:00 pm with Monica

Interested in Personal Training?

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

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