

# June at



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am <b>Round Robin Tennis</b>	7am-7:45am (PA) <b>Active Isolated Stretching</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	8:00am-10:30am <b>Round Robin Tennis</b>
7:45am-8:45am (G) <b>Muscle Works</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:45am-8:45am (G) <b>Cardio, Core, &amp; More</b>	8am-9am (G) <b>Gutts &amp; Butts</b>	7:45am-8:45am (G) <b>Balance, Core, &amp; Stretch</b>	9:00am-10am (G) <b>Iron Yoga</b>
9am-10am (PA) <b>Restorative Yoga</b>	8am-9am (G) <b>Total Body Conditioning</b>	9am-10am (PA) <b>Tai Chi</b>	9:15am-10:15am (G) <b>Pilates/Yoga Mix</b>	9am-10am (PA) <b>Tai Chi</b>	10:30am-1pm <b>Tennis: Legends</b>
<b>Pickleball (G)</b> 9am-10:30am except for June 20th 6-8pm	9:15am-10:15am (G) <b>Pilates/Yoga Mix</b>	9am-10am (CF) <b>Group Indoor Cycle*</b>	9:15am-10:15am (PA) <b>iRestore*</b>	9am-10am (CF) <b>Group Indoor Cycle*</b> <i>no class 6/17</i>	10:30am-1pm (G) <b>Pickleball</b>
10:15am-11:15am (PA) <b>Cardio FUNCTION</b>	10:30am-1pm <b>Tennis: Legends</b>	9am-10:30am (G) <b>Pickleball</b>	10:30am-1pm <b>Tennis: Legends</b>	10:30am-1pm (G) <b>Pickleball</b>	1pm-3pm <b>Open Outdoor Courts</b>
<b>Open Outdoor Courts</b> 10:30am-8pm except for June 6th 10:30-3pm & 5-8pm	<b>Open Outdoor Courts</b> 1pm-8pm except for June 7th 1-3pm & 5-8pm	10:15am-11:15am (PA) <b>Cardio FUNCTION</b>	<b>Open Outdoor Courts</b> 1pm-8pm except for June 9th 1-3pm & 5-8pm and June 16th 1-4pm & 6-8pm	10:30am-7pm <b>Open Outdoor Courts</b>	1pm-3pm <b>Open Gymnasium</b>
6-8pm <b>Open Gymnasium</b> No Open Gym 6/20	6-8pm <b>Open Gymnasium</b>	<b>Open Outdoor Courts</b> 10:30am-8pm except for June 8th 10:30-3pm & 5-8pm	6-8pm <b>Open Gymnasium</b>	6-7pm <b>Open Gymnasium</b>	
		6-8pm <b>Open Gymnasium</b>			

(G)= Gym  
 (PA)= Performing Arts  
 (CF)= CrossFit

**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 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**

# June at The Center

## Youth Center

### Summer My Way

Summer Camp for 5-12 year olds  
(Going into K-5th Grade)  
June 6th-July 30th  
Monday-Friday 8am-6pm

*Themes and details available online or at the front desk*

### Adventure Time Camp & Workshops

For kids entering 6th-9th Grade  
Trips and Activities, Registration Required  
*Themes and details available online or at the front desk*

For questions regarding camp,  
email [youthprograms@centerami.org](mailto:youthprograms@centerami.org)  
For questions regarding summer registration,  
email [customerservice@centerami.org](mailto:customerservice@centerami.org)

### Culture Classes

*See front desk for more information*

### Friends and Family in Recovery Meeting

June 6th & June 20th  
(1st and 3rd Monday of each month)  
6:00pm-7:30pm  
*Free, No registration required. All are welcome*

\* Must Pre-Register  
#Additional Fees required

## Events

### Campaign for Ukraine Concert for Peace

June 12th  
4pm-8pm

### Senior Adventures \* #

June 10th: Hard Rock Casino  
*Leave from The Center at 10am*  
June 22nd: Red Barn Flea Market  
*Leave from The Center at 9am*  
For more info, contact the Front Desk:  
941-778-1908

## 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](mailto:info@centerami.org)

[www.centerami.org](http://www.centerami.org)

*See other side for daily class schedule*

*Classes & programs may change*

5.17.22

**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  
4:30pm-5:00pm 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](mailto:islandfitness@hotmail.com)

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