

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

CLOSED MEMORIAL DAY

5/30/2022

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

*\*Must pre-register for Group Indoor Cycle, Cycle Scuptl 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**

(G)= Gym  
(PA)= Performing Arts

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

# 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 16th

(1st and 3rd Monday of each month)

6:00pm-7:30pm

*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

## 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*

### Beach Clean Up

Saturday, May 7th

Meet at the Center at 9am

Email: [customerservice@centerami.org](mailto:customerservice@centerami.org) for more info

## 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*

### 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**

**\*Must pre-register**

**#Additional Fees required**