

May at



Center 1
 Monday-Thurs
 Friday 7a
 Saturday 8

Monday	Tuesday	Wednesday	Thursday	Friday
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
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
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
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*
10:15am-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
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
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**
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			

****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

Hours:

day 7am-8pm

11am-7pm

11:30am-3pm

May at The Center

Saturday

8:00am-10:30am

Round Robin Tennis

9:00am-10am (G)

Iron Yoga

10:30am-1pm

Tennis: Legends

10:30am-12pm (G)

Pickleball**Intermediate & Up****

12:30pm -1:00pm (G)

Pickleball**Experienced Beginners ****

1pm-3pm

Open Outdoor Courts

1pm-3pm

Open Gymnasium

(G)= Gym

(PA)= Performing Arts

Tennis Court #3

Reserved for Private
Lessons MWF 7:30am-8pm

TRS 7:30am-10:30am

TRS 1pm-Close

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

***Must pre-register**

#Additional Fees required

5.2.22

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

Beach Clean Up

Saturday, May 7th

Meet at the Center at 9am

Email: 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.orgwww.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

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