

# JULY 2022

6/15/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 8:30 a.m. Round Robin Tennis	7-7:45 a.m. (PA) Active Isolated Stretching No class on 7/12 & 7/19	7:30-8:30 a.m. Round Robin Tennis	7:30-8:30 a.m. Round Robin Tennis	7:30-10:30 a.m. Round Robin Tennis	8-10:30 a.m. Round Robin Tennis
7:45 - 8:45 a.m. (G) Muscle Works	7:30-8:30 a.m. Round Robin Tennis	7:45-8:45 a.m. (G) Cardio, Core & More	8-9 a.m. (G) Gutts & Butts	7:45-8:45 a.m. (G) Balance, Core, & Stretch	9-10 a.m. (G) Iron Yoga
9-10 a.m. (PA) Restorative Yoga	8-9 a.m. (G) Total Body Conditioning	9-10 a.m. (PA) Tai Chi	10:30 a.m. - 1 p.m. Tennis: Legends	9-10 a.m. (PA) Tai Chi	10:30 a.m.-1 p.m. Tennis: Legends
9-10:30 a.m. Pickleball	9:15-10:15 am (G) Pilates/Yoga Mix	9-10:30 a.m. (G) Pickleball	Open Outdoor Courts 1-8 p.m.	10:30 a.m. - 1 p.m. (G) Pickleball	10:30 a.m. - 1 p.m. (G) Pickleball
10:15-11:15 a.m. (PA) Cardio FUNction	10:30 a.m. - 1 p.m. Tennis: Legends	10:15-11:15 a.m. (PA) Cardio FUNction	6-8 p.m. Open Gymnasium	10:30 a.m. - 7 p.m. Open Outdoor Courts	1-3 p.m. Open Outdoor Courts
Open Outdoor Courts 10:30 a.m.-8 p.m.	Open Outdoor Courts 1-8 p.m.	Open Outdoor Courts 10:30 a.m. - 8 p.m.		6-7 p.m. Open Gymnasium	1-3 p.m. Open Gymnasium
6-8 p.m. Open Gymnasium		6-8 p.m. Open Gymnasium			

## Center Hours:

**M-TH**  
7 a.m. - 8 p.m.  
**Friday**  
7 a.m. - 7 p.m.  
**Saturday**  
8 a.m. - 3 p.m.

**Tennis Court #3**  
reserved for private lessons MWF 7:30-8 p.m.  
TRS 7:30-10:30 a.m.  
TRS 1 p.m. - close

(G) - Gym  
(PA) - Performing Arts  
(CF) - Crossfit  
\*- Must Pre-register  
# - Additional Fee

**\*The Center will be closed on July 4.\***

\*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 its start time.

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## Youth Center

### Summer My Way

Summer Camp for 5-12 year olds  
(Going into k-5th grade)  
June 6th-July 30  
Monday-Friday 8 a.m. - 6 p.m.

### 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.  
For questions regarding summer  
registration, email  
customerservice@centerami.org.**

## Culture Classes

### Youth Babysitting Class

Saturday, July 23  
9 a.m. to 3 p.m.  
For teens ages 11-17 years old.  
Registration closes July 15.

## Events

### Senior Adventures \*#

Fri. July 1: Red Barn Flea Market  
Leaving The Center at 10 a.m.  
Wed. July 13: Jungle Gardens of  
Sarasota  
Leaving The Center at 10 a.m.  
Wed. July 20: Solomon's Castle  
Leaving The Center at 9 a.m.

## Sports Center

### Tennis Lessons\*

With the Tennis Pro EJ. For more  
info:  
Contact EJ @ (941) 725-9273

## Fitness Center

### HIIT Class #

11:30 a.m. - 12:30 p.m. with  
Brenda  
Check with front desk for more  
details.

### 30-Minute Body Blast #

Mondays, Tuesdays, Wednesdays  
8:00-8:30 a.m. AND 8:30-9 a.m.  
Mondays, Tuesdays, Thursdays  
4:30-5 p.m. with Monica

### Interested in Personal Training?

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

\*Must Pre-Register  
#Additional Fees Required

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**Friday**  
**7 a.m. - 7 p.m.**  
**Saturday**  
**8 a.m. - 3 p.m.**



407 Magnolia Ave

(941) 778-1908

info@centerami.org

www.centerami.org

See other side for  
daily class schedules.  
Classes & programs  
may change.