

JULY 2022

6/27/22

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	9:15-10:15 am (G) Pilates/Yoga Mix	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	10:30 a.m. - 1 p.m. Tennis: Legends	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	Open Outdoor Courts 1-8 p.m.	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.	6-8 p.m. Open Gymnasium	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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7 a.m. - 8 p.m.

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.**

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.**

***Must Pre-Register
#Additional Fees Required**

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.

SMART Family & Friends Recovery Support

Wednesday, July 6
Monday, July 18
6-7:30 p.m.

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