

Group Fitness Schedule:

**FEBRUARY
2023**

1/31/22

Center Hours:

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

(G) - Gym
(PA) - Performing Arts
(CF) - Crossfit

*Must Pre-Register
Additional Fees

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 - 8:45 a.m. (G) Muscle Works	7-7:45 a.m. (G) Active Isolated Stretching	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	8:15-9:15 a.m. (PA)* Vinyasa Yoga
7:45-8:45 a.m. (PA) Restorative Yoga		7:45-8:45 a.m. (PA)* Vinyasa Yoga - All Levels		7:45-8:45 a.m. (PA)* Cardio Barre	
8-8:30 & 8:30-9 a.m. (CF) 30-Min Body Blast	8-8:30 & 8:30-9 a.m. (CF) 30-min Body Blast	8-8:30 & 8:30-9 a.m.(CF) 30-min Body Blast		9-10 a.m. (G) Tai Chi	9-10 a.m. (G) Tai Chi
9-10 a.m. (PA)* Cycle and Sculpt	8-9 a.m. (G)	9-10 a.m. (G) Tai Chi	9:15-10:15 a.m. & 10:30-11:30 a.m. (PA)*	9-10 a.m. (PA)* Group Indoor Cycle	9-10 a.m. (G) Iron Yoga
9-10 a.m. (G) Restorative Yoga	Total Body Conditioning	9-10 a.m. (PA)* Group Indoor Cycle	iRestore	10:15-11:15 a.m. (PA)*	
10:15-11:15 a.m. (PA)* Cardio Barre	9:15-10:15 a.m. (G) Pilates/Yoga Mix	10:15-11:15 a.m.(PA)* Cardio Barre	9:15-10:15 a.m. (G) Pilates/Yoga Mix	Vinyasa Yoga - All Levels	
10:15-11:15 a.m. (G) Cardio FUNction		10:15-11:15 a.m. (G) Cardio FUNction	9:15-10:15 a.m. (G) Pilates/Yoga Mix	11:30 a.m.-12:30 p.m. (G) 1 Hour Body Blaster	
11:30 a.m.-12:30 p.m. (G) 1 Hour Body Blaster	4:30-5 p.m. (CF) 30-Min Body Blast	11:30 a.m.-12:30 p.m. (G)	4:30-5 p.m. (CF) 30-Min Body Blast	10:15-11:15 (G) Low-Impact Cardio Blast	
4:30-5 p.m. (CF) 30-Min Body Blast		1 Hour Body Blaster			

*Must pre-register for classes held in Performing Arts Room (PA) 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.

Pickleball Schedule: (Gym)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 am-2 pm	Advanced 10:30 am-12 pm	11:30 am-2 pm	Advanced 10:30 am-12 pm	11:30 am-2 pm	Advanced 10:30-11:30 am
	Beginner/Inter. 12-2 p.m.		Beginner/Inter. 12-2 pm		Beginner/Inter. 11:30 am-1 pm

Tennis Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 8:30-10:30 am
	Tennis: Legends 10:30 am-1 pm		Tennis: Legends 10:30 am-1 pm		Tennis: Legends 10:30 am-1 pm

Open Outdoor Courts Schedule:
Monday/Wednesday - 10:30 a.m. to 6 p.m.
Tuesday/Thursday - 1 to 6 p.m.
Friday - 10:30 a.m. to 7 p.m.
Saturday - 1 to 3 p.m.

Open Gym Schedule:
Contact front desk - (941) 778-1908

Follow this link for the most updated schedule:
<https://centerami.ezfacility.com/Sessions>

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

The Center gym will be closed after pickleball on February 7 and remain closed until February 13.



Center Hours:

M-TH
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.

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

Senior Outings

February 7: Dinner at 88 Live! Piano Bar and live music by the Boomer Band - 9 a.m.-2:30 p.m.
 February 16: Lunch and a tour of 3 Keys Brewery 10 a.m.-2:30 p.m.

February 18: Tampa Zoo - 9 a.m.-5 p.m.
 February 21: Manatee Viewing Center and Lunch 9 a.m.-2:30 p.m.

Annie Silver Events

Bingo - Every Thursday - 5-9 p.m.
 February 3: Lunch at Tide Tables - 11 a.m.-2 p.m.
 February 10: Shopping and Lunch at Detwiler's Farm Market - 11 a.m.-2 p.m.
 February 17: Shopping and Lunch at Red Barn Flea Market - 11 a.m.-2 p.m.
 February 24 - Annie Silver Potluck Lunch 11 a.m.-2 p.m.

Community Connections

Friday, February 17 | 5-8 p.m.

Beyond The Classroom*

Kindergarten-5th Grade Program runs until 6 p.m.
 After school care for children including homework help, arts & crafts, games and more.

Youth Foundation in Fitness*#

Mondays and Thursdays | 5:15-6 p.m.

President's Day Youth Day Camp*#

Monday, February 20 | 8 a.m.-6 p.m. | K-5th Grade
 Register by: 2/16

Bishop Museum Workshop: Kids/Families

February 1: Manatees & their Environment
 February 15: The Scientific Process
 Register by: 1/26 and 1/9

Pedaling for Parkinsons*

February 14-March 28 | Tuesdays | 1-2 p.m.
 No Class on February 28

Adaptive Yoga for Parkinson's

February 9, February 23 | Thursdays | 1-2 p.m.

Dev's Bevs Ice Bath Wednesdays

Wednesdays | 9 am-12 pm | Feb 1-March 29

Italian Culinary Tours

February 15-March 29 | Wednesdays | 6-8 p.m.
 Session 2: Milan
 Register by: 2/8

Infant/Child CPR for Parents/Grandparents

February 1 | 10:30 a.m.-12 p.m. | Register by: 1/26

Line Dancing with Bob and Bonnie (Beginner and Intermediate)

New Start Time (Effective February 7)

Tuesdays | February 7-April 25
 Beginners: 9:00-10:00 a.m.
 Intermediate: 10-11 a.m.

Tech Tuesdays with Loretta

Tuesdays | 8-10:30 a.m. | February 7 & February 14

iPhone Training with Loretta*#

February 9 | 10:30 a.m.-12 p.m. | Register by: 2/2

Senior CPR - Hands Only

February 15 | 10:30 a.m.-12 p.m. | Register by: 2/9

Nosh & Craft with MaryKate: Sip & Craft in the Morning

February 15 | 9-11 a.m. | Register by: 2/9

Photography Workshop with Jim Rimi

February 18 | 9-11 a.m. | Register by: 2/9

Bishop Museum Workshop: For Adults

Thursdays | 10:30-11:15 a.m.
 February 2: The Scientific Process
 February 16: Paleontology & Fossils
 Register by: 1/26 & 2/9

Babysitting for Teens

Saturday, February 18 | 9 a.m.-3 p.m.
 Register by: 2/16

Youth Soccer

Ages 3-5, 6-7, 8-10, 11-13, & 14-17
 March 27-May 23
 Games on Tuesday nights (Monday nights if needed)
 Register by: March 17

Evaluations:
 Monday, March 20: 11-13Y & 14-17Y @ 6:30 p.m.
 Wednesday, March 22: 8-10Y @ 6:30 p.m.

Adult Soccer

March 23-May 25
 Register by: March 7
 Evaluations/Draft: March 8 @ 6 p.m.
 Games played on Thursday nights

T-Ball

Ages 4-6
 April 10-May 22
 Register by: March 27
 Evaluations/Draft: April 3
 Games on Monday nights

Tennis Lessons

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

Bingo

Friday, February 3 | 6-8 p.m.

Murder Mystery

February 10 & 11, 2023
 February 10 "Sneak Peak"
 Doors open at 6:15 p.m., Show starts at 7 p.m.
 February 11 - Doors open at 6 p.m., Show starts at 7 p.m., Dinner is provided

Beach Cleanup

Saturday, February 11 | 9-11 a.m.

Concert: Grand Funk Railroad

Saturday, February 25
 Doors open at 6 p.m. | Opening act at 7 p.m.
 Headliner around 8 p.m.