

Group Fitness Schedule:

JANUARY
2023
1/12/22

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	
8-8:30 & 8:30-9 a.m. (Turf) 30-Min Body Blast (No class 1/2)	8-8:30 & 8:30-9 a.m. (Turf) 30-min Body Blast (No class 1/3)	7:45-8:45 a.m. (PA)* Vinyasa Yoga - All Levels Starting on 1/11		7:45-8:45 a.m. (PA)* Cardio Barre Starting 1/20	8:15-9:15 a.m. (PA)* Vinyasa Yoga
9-10 a.m. (PA)* Cycle and Sculpt	8-9 a.m. (G) Total Body Conditioning	8-8:30 & 8:30-9 a.m. (Turf) 30-min Body Blast (No Class 1/4)	9:15-10:15 a.m. & 10:30-11:30 a.m. (PA)*	9-10 a.m. (G) Tai Chi	
9-10 a.m. (G) Restorative Yoga		9-10 a.m. (G) Tai Chi	iRestore (No class 1/5)	9-10 a.m. (PA)* Group Indoor Cycle	
10:15-11:15 a.m. (G) Cardio FUNction	9:15-10:15 am (G)	9-10 a.m. (PA)* Group Indoor Cycle	9:15-10:15 am (G)	10:15-11:15 a.m. (PA)*	9-10 a.m. (G)
10:15-11:15 a.m. (PA)* Cardio Barre Starting 1/16	Pilates/Yoga Mix	10:15-11:15 a.m. (G) Cardio FUNction	Pilates/Yoga Mix	Vinyasa Yoga - All Levels Starting on 1/13	Iron Yoga
4:30-5 p.m. (CF) 30-Min Body Blast (No class 1/2)	4:30-5 p.m. (CF) 30-Min Body Blast (No class 1/3)	10:15-11:15 (PA)* Cardio Barre Starting 1/18	4:30-5 p.m. (CF) 30-Min Body Blast (No class 1/5)	10:15-11:15 (G) Low-Impact Cardio Blast Starting 1/20	

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 Fees

*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
11:30-2 p.m.	10:30-1 p.m.	11:30-2 p.m.	10:30-1 p.m.	11:30-2 p.m.	10:30-1 p.m.

**** No Pickleball Saturday, January 21 or Saturday, January 28. ****

<p>Open Outdoor Courts Schedule: Monday/Wednesday - 10:30 a.m. to 8 p.m. Tuesday/Thursday - 1 to 8 p.m. Friday - 10:30 a.m. to 7 p.m. Saturday - 1 to 3 p.m.</p>	<p>Open Gym Schedule: Monday/Wednesday - 2 to 3 p.m. Tuesday/Thursday - 1 to 3 p.m. Friday - 2-3 p.m. (1-2 p.m. on 1/13, No Open Gym 1/20) Saturday - 1 to 3 p.m. (No Open Gym 1/21 & 1/28)</p>
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Tennis Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Round Robin 7:30-10:30 a.m.	Round Robin 7:30-10:30 a.m.	Round Robin 7:30-10:30 a.m.	Round Robin 7:30-10:30 a.m.	Round Robin 7:30-10:30 a.m.	Round Robin 8:30-10:30 a.m.
	Tennis: Legends 10:30 a.m.-1 p.m.		Tennis: Legends 10:30 a.m.-1 p.m.		Tennis: Legends 10:30 a.m.-1 p.m.

The Center will be closed on January 2. The gymnasium will be closed all day on January 21. We wish everyone a safe and happy holiday!



Senior Adventures

January 19: Siesta Keys Brewery & Lunch at Siesta Key Oyster Bar - 9 a.m.-2:30 p.m.
January 26: Dinner at Columbia Restaurant & Shopping at St. Armands Square - 4-10 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 Winter Day Camp*#

January 3-6 | 8 a.m.-6 p.m. | K-5th Grade

Youth Foundation in Fitness*#

Mondays and Thursdays
5:15-6 p.m.
(Cancelled on 1/2 and 1/5)

After School Tutoring *

Oct 3-April 26
Monday and Wednesdays
K-5th Grade (Group and Private Sessions)

Youth Tumbling*#

Thursdays
January 12-February 16 (6 weeks)
2.5-5 Years Old: 3-3:30 p.m.
5-11 Years Old: 4:30-5:15 p.m.

Youth Ballet*#

Thursdays
January 12-February 16 (6 weeks)
2.5-5 Years Old: 3-3:30 p.m.
K-5th Grade: 4:30-5:15 p.m.

MLK Jr. Day Youth Day Camp*#

Friday, January 16 | 8 a.m. to 6 p.m.
K-5th Grade

Youth Hip-Hop*#

January 5-March 31 | Thursdays
6-9: 5:45-6:45 p.m. | 10+: 6:45-7:45 p.m.
Register by: January 4

The Bishop Museum Workshop Series: 'What is a Museum?'

For Families:
Wednesday, January 18 | 6-7 p.m.
For Seniors/Public:
Thursday, January 19 | 10:30-11:15 a.m.

Dev's Bevs Wellness Workshop*#

Saturday, January 14 | 10 a.m. - 1 p.m.

Dev's Bevs Ice Bath Wednesdays

Wednesdays | 9 am-12 pm | Jan 4-March 29

Mah Jongg for Beginners*#

January 17-February 21 | 10 a.m. to 12 p.m.
Last Day to Register: January 8

American Canasta for Beginners*#

January 17-February 21
12:30 to 2:30 p.m.
Last Day to Register: January 8

Line Dancing with Bob and Bonnie (Beginner and Intermediate)

Tuesdays | January 11-April 25
Beginners: 9:15-10:15 a.m.
Intermediate: 10:30-11:30 a.m.

OneBlood Blood Drive at The Center

Tuesday, January 10
8:30 a.m. to 1:30 p.m.
OneBlood bus will be parked in
The Center parking lot.

Living & Exercising with Parkinson's Disease: Educational Forum

Tuesday, January 3 | 11:30 a.m. to 12:30 p.m.

Healthy Hearing Education Seminar

Friday, January 13 | 10:30-11:30 a.m.

Tech Tuesdays with Loretta

Tuesdays | 8-10:30 a.m.
January 24-February 14

iPhone Training with Loretta*#

Thursday, January 26 | 10:30 a.m. - 12 p.m.

Capoeira for Absolute Beginners*#

January 11-February 22
Wednesdays | 5:45-6:45 p.m.

Community Connections

January 20 | 5-8 p.m.

Tennis Lessons

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

Pedaling for Parkinsons*

January 3-February 7 | Tuesdays | 1-2 p.m.

Balance Workshop*#

Wednesday, January 25 | 11:45 a.m. to 1 p.m.

Adaptive Yoga

January 26, February 9, February 23
Thursdays | 1-2 p.m.

Save the Date: Murder Mystery

February 10 & 11, 2023

Beach Cleanup

Saturday, January 14 | 9-11 a.m.

Bingo

Friday, January 13 | 6-8 p.m.

Concert: Tommy DeCarlo

Saturday, January 21
Doors open at 6 p.m.
Opening act at 7 p.m.
Headliner around 8 p.m.

JANUARY 2023

1/12/22

Center Hours:

M-TH

7 a.m. - 8 p.m.

Friday

7 a.m. - 7 p.m.

Saturday

8 a.m. - 3 p.m.



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**