

## Group Fitness Schedule:

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

### 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 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.

## Pickleball Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30-2 p.m. (G)	10:30-1 p.m. (G)	11:30-2 p.m. (G)	10:30-1 p.m. (G)	10:30-1 p.m. (G)	10:30-1 p.m. (G)

### 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.

### Open Gym Schedule:

Monday/Wednesday - 2 to 3 p.m.  
Tuesday/Thursday - 1 to 3 p.m.  
Friday - 1-3 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)

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 Colombian 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 25, 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

1/3/22

## 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**