

Group Fitness Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45-8:45 a.m. (G) Muscle Works	7-7:45 a.m. (G)	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) Morning Soul Flow	Active Isolated Stretching	7:45-8:45 a.m. (PA)* Vinyasa Yoga - All Levels Final Class: 4/12		10:15-11:15 a.m. (PA)* Vinyasa Yoga - All Levels Final Class: 4/14	
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	10:30-11:30 a.m. (PA)* iRestore	9-10 a.m. (PA)* Group Indoor Cycle	9-10 a.m. (G) Iron Yoga
9-10 a.m. (G) Monday Sweat Fest	8-9 a.m. (G) Total Body Conditioning	9-10 a.m. (PA)* Group Indoor Cycle		9-10 a.m. (PA)* Group Indoor Cycle	
9:15-10:15 a.m. (PA)* iRestore (Starts 4/10)	9:15-10:15 a.m. (G) Pilates/Yoga Mix	9-10 a.m. (G) Tai Chi	9:15-10:15 a.m. (G) Pilates/Yoga Mix	9-10 a.m. (G) Tai Chi	
11:30 a.m.-12:30 p.m. (CF)* Reboot 60					
4:30-5 p.m. (CF)* 30-Min Body Blast	4:30-5 p.m. (CF)* 30-Min Body Blast	11:30 a.m.-12:30 p.m. (CF)* Reboot 60	4:30-5 p.m. (CF)* 30-Min Body Blast	11:30 a.m.-12:30 p.m. (CF)* Reboot 60	

APRIL 2023
3/30/23

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

*Must pre-register for classes held in Performing Arts Room (PA) & Crossfit Room (CF) 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: (Gymnasium)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Play 10:30 am-2 pm	Upper Intermediate/Advanced 10:30 am-12 pm	All Play 10:30 am-2 pm	Upper Intermediate/Advanced 10:30 am-12 pm	All Play 10:30 am-2 pm	Upper Intermediate/Advanced 10:30-11:30 am
	Lower Intermediate/Beginner 12-2 pm		Lower Intermediate/Beginner 12-2 pm		Lower Intermediate/Beginner 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 Gymnasium 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

Gymnasium Closed on Saturday, April 15.



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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 Day Camp*#

Friday, April 7 | 8 a.m.-6 p.m.
K-5th Grade
Register by: 3/30

Youth Hip Hop

April 6-June 29th
9 and under: 5:45-6:45 p.m.
10 and older: 6:45-7:45 p.m.
Register by: Thursday before each session

Tumbling

April 13 - May 25
Tots (Ages 2.5-5): 3:00-3:30 p.m.
Youth (Ages 5-11): 4:30-5:15 p.m.
Register by: 4/6

Ballet

April 13-May 25
Tots (Ages 3-6): 3:30-4 p.m.
Youth (Ages 6-11): 4-4:30 p.m.
Register by: 4/6

Community Connections

Friday, April 21 | 5-8 p.m.

Unleash the Possibilities Interactive Dog Training

Session 1: April 19, April 26, May 3, & May 10
Wednesdays | 6:15-7:30 p.m.
Register by: 4/13

Ice Bath Wednesdays

Wednesdays | April 5-April 29
9 a.m.-12 p.m.

Oneblood Blood Drive

Tuesday, April 18
8:30 a.m. to 1:30 p.m.

Healthy Hearing Seminar

Friday, April 14 | 10-11 a.m.

Follow Up Services:

Ear Wax Removal: April 21
9 a.m. to noon walk-ins or by appointment until 4 p.m.

Hearing Tests: Friday, April 28
9 a.m. to noon walk-ins or by appointment until 4 p.m.

Pedaling for Parkinson's

Tuesdays | April 4-April 25 | 1-2 p.m.

Adaptive Yoga for Parkinson's

Thursdays | April 6-April 27
1-2 p.m.

Pickleball Lessons

Interested in learning how to play pickleball? Sign up for pickleball lessons with Josh or Janet. To schedule a lesson with Josh, call (941) 518-0655. To schedule a lesson with Janet, call (813) 625-4356.

Tennis Lessons

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

Crawfish Boil

Save the Date: Saturday, May 6
5-8 p.m.

Beach Cleanup

Saturday, April 1 | 9-11 a.m.

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 and programs may change.

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