

# Group Fitness Schedule:

**APRIL**  
**2023**  
3/23/23

**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**

| Monday  | Tuesday   | Wednesday   | Thursday                                | Friday  | Saturday                             |
|---|---|---|---|---|--------------------------------------|
| 7:45 - 8:45 a.m. (G)<br>Muscle Works            | 7-7:45 a.m. (G)<br>Active Isolated Stretching   | 7:45-8:45 a.m. (G)<br>Cardio, Core & More         | 8-9 a.m. (G)<br>Gutts & Butts           | 7:45-8:45 a.m. (G)<br>Balance, Core, & Stretch      | 8:15-9:15 a.m. (PA)*<br>Vinyasa Yoga |
| 7:45-8:45 a.m. (PA)<br>Morning Soul Flow        |   | 7:45-8:45 a.m. (PA)*<br>Vinyasa Yoga - All Levels |   | 10:15-11:15 a.m. (PA)*<br>Vinyasa Yoga - All Levels |                                      |
| 8-8:30 & 8:30-9 a.m. (CF)*<br>30-Min Body Blast | 8-8:30 & 8:30-9 a.m. (CF)*<br>30-min Body Blast | 8-8:30 & 8:30-9 a.m.(CF)*<br>30-min Body Blast    |   | 9-10 a.m. (PA)*<br>Group Indoor Cycle               | 9-10 a.m. (G)<br>Tai Chi             |
| 9-10 a.m. (G)<br>Monday Sweat Fest              | 8-9 a.m. (G)<br>Total Body Conditioning         | 9-10 a.m. (PA)*<br>Group Indoor Cycle             | 10:30-11:30 a.m. (PA)*<br>iRestore      | 9-10 a.m. (G)<br>Pilates/Yoga Mix                   |                                      |
| 9:15-10:15 a.m. (PA)*<br>iRestore (Starts 4/10) | 9:15-10:15 a.m. (G)<br>Pilates/Yoga Mix         | 9-10 a.m. (G)<br>Tai Chi                          | 9:15-10:15 a.m. (G)<br>Pilates/Yoga Mix | 9-10 a.m. (G)<br>Tai Chi                            |                                      |
| 11:30 a.m.-12:30 p.m. (CF)*<br>Reboot 60        | 4:30-5 p.m. (CF)*<br>30-Min Body Blast          | 11:30 a.m.-12:30 p.m. (CF)*<br>Reboot 60          | 4:30-5 p.m. (CF)*<br>30-Min Body Blast  | 11:30 a.m.-12:30 p.m. (CF)*<br>Reboot 60            |                                      |

\*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: (Gymnasium)

## Tennis Schedule:

| Monday                    | Tuesday   | Wednesday                 | Thursday                                      | Friday                    | Saturday                                      | Monday                           | Tuesday                          | Wednesday                        | Thursday                     | Friday                       | Saturday                     |
|---------------------------|---|---------------------------|---|---------------------------|---|----------------------------------|----------------------------------|----------------------------------|------------------------------|------------------------------|------------------------------|
| All Play<br>10:30 am-2 pm | Upper Intermediate/<br>Advanced<br>10:30 am-12 pm | All Play<br>10:30 am-2 pm | Upper Intermediate/Advanced<br>10:30 am-12 pm | All Play<br>10:30 am-2 pm | Upper Intermediate/Advanced<br>10:30-11:30 am | Round Robin<br>7:30-10:30 am     | Round Robin<br>7:30-10:30 am     | Round Robin<br>7:30-10:30 am     | Round Robin<br>7:30-10:30 am | Round Robin<br>7:30-10:30 am | Round Robin<br>8:30-10:30 am |
|                           | Lower Intermediate/Beginner<br>12-2 p.m.          |                           | Lower Intermediate/Beginner<br>12-2 pm        |                           | Lower Intermediate/Beginner<br>11:30 am-1 pm  | Tennis: Legends<br>10:30 am-1 pm | Tennis: Legends<br>10:30 am-1 pm | Tennis: Legends<br>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.**



## 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 | 9 am-12 pm  
April 5-April 29

## 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.

## Adaptive Yoga for Parkinson's

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

## Pedaling for Parkinson's

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

## T-Ball

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

## 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

## 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 & programs  
may change.**

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