

# Group Fitness Schedule:

**MARCH**  
**2023**  
3/8/23

**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) 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) Morning Soul Flow		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 (NO CLASS 3/27)	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. (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) Monday Sweat Fest	Total Body Conditioning	9-10 a.m. (PA)* Group Indoor Cycle	iRestore (NO CLASS 3/2)	9-10 a.m. (PA)* Group Indoor Cycle	
10:15-11:15 a.m. (PA)* Cardio Barre	9:15-10:15 a.m. (G)	10:15-11:15 a.m.(PA)* Cardio Barre	9:15-10:15 a.m. (G)	10:15-11:15 a.m. (PA)* Vinyasa Yoga - All Levels	
11:30 a.m.-12:30 p.m. (CF)* Reboot 60	Pilates/Yoga Mix	11:30 a.m.-12:30 p.m. (CF)*	Pilates/Yoga Mix	11:30 a.m.-12:30 p.m. (CF)* Reboot 60	
4:30-5 p.m. (CF)* 30-Min Body Blast (NO CLASS 3/27)	4:30-5 p.m. (CF)* 30-Min Body Blast	Reboot 60	4:30-5 p.m. (CF)* 30-Min Body Blast (NO CLASS 3/2)	10:15-11:15 (G) Low-Impact Cardio Blast	

\*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
All Play 11:30 am-2 pm	Upper Intermediate/ Advanced 10:30 am-12 pm	All Play 11:30 am-2 pm	Upper Intermediate/Advanced 10:30 am-12 pm	All Play 11:30 am-2 pm	Upper Intermediate/Advanced 10:30-11:30 am
	Lower Intermediate/Beginner 12-2 p.m.		Lower Intermediate/Beginner 12-2 pm		Lower Intermediate/Beginner 11:30 am-1 pm

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

The Center gymnasium will be closed Saturday, March 18 and Tuesday, March 21 and Friday, March 31.



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**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**

**All Senior Outings are currently on hold.**  
We apologize and look forward to restoring the Senior Outings program as quickly as possible.

**Community Connections**

Friday, March 24 | 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 Day Camp\*#**

Friday, March 10 | 8 a.m.-6 p.m. | K-5th Grade  
Register by: 2/2

**Spring Break Camp\*#**

March 13-17 | 8 a.m.-6 p.m. | K-5th

**Bishop Museum Workshop: Kids/Families**

March 1: Our Solar System  
March 22: Paleontology & Fossils  
Register by: 2/23 and 2/16

**Pedaling for Parkinsons\***

March 7-March 28 | Tuesdays | 1-2 p.m.

**Adaptive Yoga for Parkinson's**

March 2, 9, 23 & 30 | 1-2 p.m.

**Dev's Bevs Ice Bath Wednesdays**

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

**General AED/CPR Certification Class**

March 1 | 10:30 a.m.-12 p.m. | Register by: 2/23

**Bishop Museum Workshop: For Adults**

Thursdays | 10:30-11:15 a.m.  
March 2: Manatees & Their Environment  
March 23: Our Solar System  
Register by: 2/23 & 2/16

**Full Moon Yoga Fundraiser**

March 7 | 8:30-9:30 p.m. | Register by: 3/3  
Benefits the Anna Maria Island Historical Society

**Tech Tuesdays with Loretta**

Tuesdays | March 7, 14, 21 & 28 | 8-10:30 a.m.

**iPhone Training with Loretta\*#**

March 9 & March 23 | 10:30 a.m.-12 p.m.  
Register by: 2/2 & 2/16

**Line Dancing with Bob and Bonnie**  
(Beginner and Intermediate)

Tuesdays | March 7-March 28  
Beginners: 9:00-10:00 a.m.  
Intermediate: 10-11 a.m.

**Dolly Parton's Imagination Library Kickoff**  
Event

Monday, March 13 | 1-2 p.m.

**Sip & Craft with MaryKate**

March 15 | 6-8 p.m. | Register by: 3/9

**Make Your Own Candles with Sip N Wick**

March 29 | 6-8 p.m. | Register by: 2/23

**Tennis Lessons**

With Tennis Pro EJ. Info: Call EJ @ (941) 725-9273

**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

**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.

**Health & Wellness Fair**

March 31 | 9 a.m.-4 p.m. | Register by: 2/16

**Bingo**

Friday, March 10 | 6-8 p.m.

**2023 St. Patrick's Day Parade**

Sunday, March 12 | 4-6 p.m.  
Interested participants must fully complete a  
participation form by Wednesday, March 8.  
Find forms at centerami.org/events and return to The  
Center or Duffy's.

**Beach Cleanup**

Saturday, March 4 | 9-11 a.m.

**Concert: THE ORCHESTRA**

Tuesday, March 21  
Doors open at 6 p.m. | Opening act at 7 p.m.  
Headliner around 8 p.m.