

# 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)*
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. (G) Tai Chi	
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	9-10 a.m. (G) Iron Yoga
11:30 a.m.-12:30 p.m. (CF)* Reboot 60		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	
4:30-5 p.m. (CF)* 30-Min Body Blast	4:30-5 p.m. (CF)* 30-Min Body Blast				

**APRIL**  
**2023**  
4/10/23

**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)

## Tennis Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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	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
	Lower Intermediate/Beginner 12-2 pm		Lower Intermediate/Beginner 12-2 pm		Lower Intermediate/Beginner 11:30 am-1 pm		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.**



# APRIL 2023

4/10/23

## 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

## Senior VIP Outings

Leaving at 9:15 a.m. returning at 2 p.m.  
April 14th: Perico Preserve & Danny's Pizzeria  
April 19th: Detwiler's Farm Market

Leaving at 4 p.m. & returning by 8 p.m.  
April 27th: Dinner at Floridays Woodfire Bar &  
Grille

## Senior VIP Programs

Starting at 10:30 a.m.  
Tuesday, April 11th- Tuesday Trivia  
Thursday, April 13th- Table Games  
Monday, April 17th- Lawn Games  
Wednesday, April 26th - Word Games &  
Wisdom  
Monday, April 24th - VIP Lunch Bunch at the  
Center 12-2 p.m.

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

## Community Connections

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

## 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**