

MAY 2023

4/25/23

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

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)* Vinyasa Yoga
7:45-8:45 a.m. (PA)* Morning Soul Flow	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) Monday Sweat Fest	8-9 a.m. (G) Total Body Conditioning	9-10 a.m. (PA)* Group Indoor Cycle	10:30-11:30 a.m. (PA)* iRestore	9-10 a.m. (PA)* Group Indoor Cycle	
11:30 a.m.-12:30 p.m. (CF)* Reboot 60	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
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	

*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
10:30 am-1 pm All Play	10:30 am-1 pm All Play	10:30 am-1 pm All Play	10:30 am-1 pm All Play	10:30 am-1 pm All Play	10:30 am-1 pm All Play

Open Outdoor Courts Schedule:	Open Gym Schedule:
Monday: 10:30 a.m. to 8 p.m. Tuesday: 1 to 6 p.m. Wednesday: 10:30 a.m. to 6 p.m. Thursdays: 1 to 8 p.m. Friday: 10:30 a.m. to 7 p.m. Saturday: 1 to 3 p.m.	Monday-Saturday: 1-3 p.m. Monday, Tuesday, Thursday: 6-8 p.m. Friday: 6-7 p.m.

Tennis Schedule:

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

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

We are closed on May 29 for Memorial Day.
Follow this link for the most updated schedule:
<https://centerami.ezfacility.com/Sessions>



Beyond The Classroom*

Kindergarten-5th Grade
Program runs until 6 p.m.
After school care for children including
homework help, STEAM, games and more.

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

Summer Camp

Kindergarten-5th Grade
6th-9th Grade
June 5-July 28
Register by Thursday before care
More info: centerami.org/summercamp/

Tumbling

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

Ballet

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

Youth Indoor Soccer

Ages 3-4, 5-7, 8-10, 11-14
June 13th-August 8th
Register by: Friday, May 26th
Evaluations/Draft:
Ages 11-14: Tuesday, May 30th @ 6 p.m.
Ages 8-10:
Wednesday, May 31st @ 6 p.m.
No evaluations for Ages 3-4 and 5-7

Ice Bath Wednesdays

Wednesdays
May 3-May 31 | 9 a.m.-12 p.m.
Cost: \$10 for members
\$30 Non-Members

Healthy Hearing Seminar

Friday, May 12
10-11 a.m.
Follow Up Services:
Ear Wax Removal:
Friday, May 19
9 a.m. to noon walk-ins or by
appointment until 4 p.m.
Hearing Tests:
Friday, May 26
9 a.m. to noon walk-ins or by
appointment until 4 p.m.

Adult Flag Football

June 15th-August 10th
Register by: Tuesday, May 30th
Evaluation Pick Up Game:
June 1 at 6 p.m.
Draft: June 1 at 7 p.m.
Games played on Thursday nights

Tennis Lessons

June 19th-August 14th
Register by: Monday, June 5th
Bring your own team
Games played on Mondays

Dink & Drink Adult Pickleball

Wednesdays! 6:30-8:30 p.m.
Register by Thursday before
Cost: \$10 Members | \$15 Non Members

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

Saturday, May 6 | 5-8 p.m.
\$60 - 1/2 of price goes toward spring campaign

Beach Cleanup

Saturday, May 6 | 9-11 a.m.

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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