

# AUGUST 2023 Group Fitness Schedule:

**CLOSED:**  
The Center will be closed August 7-12 & September 4.

7/13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8 AM	7:45-8:45 a.m. (PA)*	7-7:45 a.m. (PA)* Active Isolated Stretching	7:45-8:45 a.m. (PA)*		7:45-8:45 a.m. (PA)*	
8-9 AM	Strength, Flexibility & Core	8-9 a.m. (PA)* Total Body Conditioning	Cardio, Core & More	8-9 a.m. (PA)*	Balance, Core, & Stretch	8:15-9:15 a.m. (PA)*
	8-8:30 & 8:30-9 a.m. (TR)* 30-min Body Blast	8-8:30 & 8:30-9 a.m. (TR)* 30-min Body Blast	8-8:30 & 8:30-9 a.m.(TR)* 30-min Body Blast	Gutts & Butts		Smooth Flow Yoga
9-10 AM	9:15-10:15 a.m. (PA)*	9:15-10:15 a.m. (G)	9-10 a.m. (PA)* Tai Chi	9:15-10:15 a.m. (G)	9-10 a.m. (PA)* Tai Chi	9:15-10:15 a.m. (G)
	Total Recovery (Formerly iRestore/Rollassage)	Pilates/Yoga Mix	9:15-10:15 a.m. (TR)* Group Indoor Cycle	Pilates/Yoga Mix	9:15-10:15 a.m. (TR)* Group Indoor Cycle	Iron Yoga
11 AM-1 PM	11:30 a.m.-12:30 p.m. (TR)* Reboot 60		11:30 a.m.-12:30 p.m. (TR)* Reboot 60		11:30 a.m.-12:30 p.m. (TR)* Reboot 60	
4-5 PM	4:30-5 p.m. (TR)* 30-Min Body Blast			4:30-5 p.m. (TR)* 30-Min Body Blast		

## Pickleball Schedule: (Cancelled 8/21)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31-Aug 5 7-9 am	July 31-Aug 5 7-9 am	July 31-Aug 5 7-9 am	July 31-Aug 5 7-9 am	10:30 am-1 pm **7-10 am on 8/4**	July 31-Aug 5 10:30 am-1 pm
Aug 14-31 10:30 am-1 pm	Aug 14-31 10:30 am-1 pm	Aug 14-31 10:30 am-1 pm	Aug 14-31 10:30 am-1 pm	Aug 14-31 10:30 am-1 pm	Aug 14-31 10:30 am-1 pm

\*Must pre-register for classes held in Performing Arts Room (PA) & Training Room (TF) 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.

**(G) - Gym**  
**(PA) - Performing Arts**  
**(TR) - Training Room**

Follow this link for the most updated schedule:  
<https://centerami.ezfacility.com/Sessions>

## 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

**Open Outdoor Courts Schedule:**  
Monday: 1 to 8 p.m.  
Tuesday: 1 to 8 p.m.  
Wednesday: 1 to 6 p.m.  
Thursday: 1 to 8 p.m.  
Friday: 1 to 7 p.m.  
Saturday: 1 to 3 p.m.

**Open Gymnasium Schedule:**  
Wednesday: 6 to 8 p.m.  
Thursday: 6 to 8 p.m.  
Friday: 1 to 2 and 6 to 7 p.m.  
Saturday: 1 to 3 p.m.  
Starting Aug 14:  
M-F 1-3 pm

**Center Hours:**  
M-TH 7 a.m. - 8 p.m.    Friday 7 a.m. - 7 p.m.    Saturday 8 a.m. - 3 p.m.



**AUGUST**  
**2023**  
7/13/23

### 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.

Starting on August 14

### August 7-12

The Center will be closed the week of August 7-August 12 for staff training.

### September 4 -- Closed

The Center will be closed on Monday, September 4 for Labor Day.

### Save the Date: LaPensee Bowling Tournament

Saturday, September 9

### Save the Date: smiledeep Soccer Tournament

November 11 - All Day

### Full Moon Yoga Fundraiser

Tuesday, August 1 & Wednesday, August 30  
8:30-9:30 p.m.

### Ice Bath Wednesdays

Wednesdays | 9 a.m.-12 p.m.  
Cost: \$10 Member | \$15 Non-Member

### OneBlood Blood Drive

\*\*Sponsored by Slim's\*\*  
Tuesday, August 22  
8:30 a.m.-1:30 p.m.  
**Appointments Recommended.**

### College Admissions Workshop

Wednesdays with Luke Valadie  
August 23-September 20  
9th-11th Grade: 5-6:30 p.m.  
Seniors: 6:30-8 p.m.  
Cost: \$300 Members | \$400 Non-Members  
**Register by: Thursday, August 17**

### Pedaling for Parkinsons\*

August 3-31 | Thursdays | 1-2 p.m.

### Pickleball Lessons

Sign up for pickleball lessons with Josh or Janet.

To schedule with Josh, call (941) 518-0655.

To schedule with Janet, call (813) 625-4356.

### Adult Soccer - Presented by Sandbar Restaurant

September 7-November 9  
Evaluations/Pickup: August 16 @ 6 p.m.  
Games played: Thursday  
Cost: \$20 Member | \$130 Non-Member  
**Register by: Tuesday, August 15**

### Tennis Lessons

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

### Youth Soccer

September 5-November 7  
Evaluations: Monday, August 21 @ 6:30 p.m. 11-13Y & 14-17Y  
Tuesday, August 22 @ 6:30 p.m. 8-10 Y  
(No evaluations for 3-5Y and 6-7Y)  
Games played: Monday & Tuesday  
Cost: \$20 Member | \$150 Non-Member  
**Register by: Friday, August 18**

### Adult Basketball

September 18-November 20  
Pickup Game & Draft to Follow:  
Monday, September 4 @ 6:30 p.m.  
Games played: Monday  
Cost: \$20 Member | \$100 Non-Member  
**Register by: Friday, September 1**

### Youth Basketball

Ages 5-14  
September 30-November 18  
Evaluations: Wednesday, September 13  
Games played: Saturday  
Cost: \$20 Member | \$100 Non-Member  
**Register by: Friday, September 8**

### Dink & Drink Adult Pickleball

Wednesdays | 6:30-8:30 p.m.  
Cost: \$5 Member | \$10 Non-Member

### 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](mailto:info@centerami.org)

[www.centerami.org](http://www.centerami.org)

**See other side for daily class schedules. Classes and programs may change.**

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