

Group Fitness Schedule:

11.15.23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8 AM	7:45-8:45 a.m. (G) Strength, Flexibility & Core	7-7:45 a.m. (G)* Active Isolated Stretching	7:45-8:45 a.m. (PA)* Vinyasa Yoga		7:45-8:45 a.m. (G) Balance, Core & Stretch	
8-9 AM		8-8:30 & 8:30-9 a.m. (TR)* 30-min Body Blast	7:45am-8:45 a.m. (G) Cardio, Core & More	8-9 a.m. (G)* Gutts & Butts	7:45-8:45 a.m. (PA) Power Flow Yoga	8:15-9:15 a.m. (PA)* Vinyasa Yoga
	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				
9-10 AM	9:15-10:15 a.m. (PA)* All Levels Yoga	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	9:15-10:15 a.m. (G) Iron Yoga
			9:15-10:15 a.m. (PA)* Indoor Cycle No class 12/27		9:15-10:15 a.m. (PA)* Indoor Cycle No Class 12/1	
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	
1-2 PM		1 - 2 p.m. (PA)* Pedaling for Parkinsons		1 - 2 p.m. (PA)* Adaptive Yoga		
4-5 pm	4:30-5 p.m. (TR)* 30-Min Body Blast			4:30-5 p.m. (TR)* 30-Min Body Blast		

*Must pre-register for classes held in Performing Arts Room (PA) & Training Room (TR) at the front desk or on the MemberMe+ App.

Pickleball Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm

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

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

Tennis Schedule: Tennis Court #3 reserved for private lessons MWF 7:30 a.m.-close, Wed. 3:30 p.m.-close Thurs. 7:30-10:30 a.m., & Thurs. 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 3 p.m.
 Thursday: 1 to 3 p.m.
 Friday: 1 to 7 p.m.
 Saturday: 1 to 3 p.m.

Open Gymnasium Schedule:

Monday-Saturday: 1 to 3 p.m.
 Tu/Thu: 6 to 8 p.m.
 Friday: 6 to 7 p.m.
 *No open gym: Dec. 1st, 2nd, 8th, 9th,
 *No open gym 1 to 3 p.m. Dec. 26th-29th

The Center will be closed
 December 25th and January 1st.
 No gym activities Dec. 2nd & 9th

DECEMBER
2023

11/15/23

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.

Tennis Lessons

With Tennis Pro EJ.
Contact EJ: (941) 725-9273.

With Tennis Pro Cody
Contact Cody: richardcwright85@gmail.com

Dink & Drink: Adult Pickleball

Wednesdays | 6 - 8 p.m.

League Sports*

Youth Flag Football: Reg by Dec. 8th
Youth Cheerleading: Reg by Dec. 8th
Adult Flag Football: Reg by Dec. 8th
Adult Indoor Soccer: Reg by Dec. 18th
For more information
recreation@centerami.org

Full Moon Yoga

Wednesday, Dec. 27th
8:30-9:30 p.m.
Proceeds Benefit Turtle Watch

Youth Classes/Programs

Visit Centerami.org
or email youthprograms@centerami.org
for information on our Youth
Classes/Programs

Center Closed

Dec. 25th & Jan. 1st

Lester Family Fun Day

Saturday | Dec. 2nd
10:30 a.m.-2 p.m.

50/50 Golfball Drop

Saturday | Dec. 2nd
At 2 p.m.
For your chance to win visit the front desk

Bradenton Gulf Island Concert Series: Tickets now on sale!*

Dec. 9th : Simply Queen

Jan. 13th : Foghat

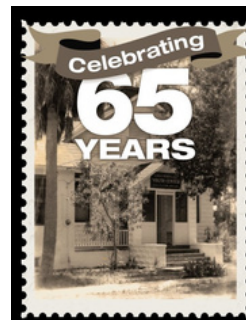
Jan. 26th : A.J. Croce

Feb. 23rd: Guess Who Alumni

Apr. 6th : Al Jardin (The Beach Boys)

*Must Pre-Register

To register for any of the classes or events
please contact
customerservice@centerami.org



Help us sustain and enhance community impact for another 65 years.
Support your local non-profit

Ice Bath Wednesdays

Wednesdays | 9 a.m.-12 p.m.

Tech Tuesday Help desk

Tuesdays | 8-10:30 a.m.

Flower Arranging*

Tuesday | Dec. 5th
6:30-8 p.m.
Must Preregister by Nov. 29th

Healing Strong Cancer Support Group

Wednesday | Dec. 6th
6:30-8 p.m.
FREE

Ear Wax Assessment & Removal Day

Friday | Dec. 8th
9-11 a.m.

Hearing Test Day

Friday | Dec. 22nd
9-11 a.m.

OneBlood Blood Drive

Thursday, Dec. 21st
8:30 a.m.-1:30 p.m.
Sponsored by Salon Salon

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

Classes and programs may change. Visit
www.centerami.org
for latest calendar.



For more information on any of our classes visit
www.centerami.org or ask
the front desk for a
program guide