Group Fitness Schedule:

DECEMBER 2023

12.13.23	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		8-9 a.m. (G)* Total Body Conditioning	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
9-10	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
AM			9:15-10:15 a.m. (PA)* Indoor Cycle	Filates/Toga Wilk	9:15-10:15 a.m. (PA)* Indoor Cycle	
1-2 PM		1 - 2 p.m. (PA)* Pedaling for Parkinsons		1 - 2 p.m. (PA)* Adaptive Yoga		

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

The Center will be closed December 25th and January 1st.

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					
Tennis Schedule: Tennis Court #3 reserved for private lessons MWF 7:30 a.mclose, Wed. 3:30 p.mclose 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					

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

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

Open Outdoor Courts Schedule: Open Gymnasium Schedule:

Monday: 1 to 8 p.m.

Tuesday: 1 to 8 p.m.

Wednesday: 1 to 3 p.m.

Tu/Thu: 6 to 8 p.m.

Wednesday: 1 to 3 p.m.
Thursday: 1 to 3 p.m.
Tru/Thu: 6 to 8 p.m.
Friday: 6 to 7 p.m.

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



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 I 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



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

Center Closed

Dec. 25th & Jan. 1st

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

Jan. 13th: Foghat

Jan. 26th: A.J. Croce

Feb. 23rd: Guess Who Alumni

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

BRADENTON GULF ISLAND CONCERT SERIES PRESENTS:



Ice Bath Wednesdays

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

Tech Tuesday Help desk

Tuesdays | 8-10:30 a.m.

OneBlood Blood Drive

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

Youth Classes/Programs

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

*Must Pre-Register

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

2023

11/15/23

Center Hours:

M-TH 7 a.m. - 8 p.m. Friday 7 a.m. - 7 p.m. Saturday 8 a.m. - 3 p.m.



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