

# Group Fitness Schedule:

# FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 (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
8-9 a.m. (PA)* Cardio Barre	8-9 a.m. (G)* Total Body Conditioning	8-9 a.m. (PA)* Cardio Barre	8:30-9:30 a.m. (PA)* Vinyasa Yoga	7:45-8:45 a.m (PA) Power Flow Yoga	
9:15-10:15 a.m. (PA)* Cycle and Sculpt	8:30- 9:30 a.m. (PA)* Vinyasa Yoga	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. (G) All Levels Yoga	9:15-10:15 a.m. (G) Pilates/Yoga Mix	9:15-10:15 a.m. (PA)* Indoor Cycle	9:45-10:45 a.m. (PA)* Cycle & Sculpt (starts 2.8)	9:15-10:15 a.m. (PA)* Indoor Cycle	
	1 - 2 p.m. (PA)* Pedaling for Parkinsons		1 - 2 p.m. (PA)* Adaptive Yoga		
			2:30 - 3:30pm (PA)* Beginning Line Dancing (starts 2.8)		
			3:30 - 4:30pm (PA)* Intermediate Line Dancing (starts 2.8)		

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

**Fitness classes normally held in gym on 2/17, 2/23, 2/28, 2/29, 3/1, & 3/2 will be held in a different location and will require pre-registration**

## Pickleball Schedule: No inside pickleball 2/17, 2/23, 2/28, 2/29, 3/1, & 3/2

Advanced play	All levels play
Monday-Saturday 10:30 am-11:30 am	Monday-Saturday 11:30 am-1 pm

For the most up to date schedule visit  
<https://centerami.ezfacility.com/Sessions>

(G) - Gym  
(PA) - Performing Arts

### Open Outdoor Courts Schedule:

Monday: 1 to 8 p.m.  
Tuesday: 1 to 5 p.m.  
Wednesday: 1 to 5 p.m.  
Thursday: 1 to 5 p.m.  
Friday: 1 to 7 p.m.  
Saturday: 1 to 3 p.m.

For Open Gymnasium times please call  
The Center at  
(941)778-1908

## 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

✉ customerservice@centerami.org  
☎ (941)778-1908  
🌐 www.Centerami.org



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

Feb. 23rd: Guess Who Alumni  
Apr. 6th : Al Jardine (The Beach Boys)

For tickets visit [centerami.org/events](http://centerami.org/events)

**Murder Mystery:  
Save the date**

Friday, March 1 & Saturday, March 2

**Center Hours:**

**Monday-Thursday**

**7 a.m. - 8 p.m.**

**Friday**

**7 a.m. - 7 p.m.**

**Saturday**

**8 a.m. - 3 p.m.**



 [customerservice@centerami.org](mailto:customerservice@centerami.org)

 (941)778-1908

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

 407 Magnolia Ave  
Anna Maria, FL 34216

**Pickleball Lessons**

Lessons with Josh,  
call (941) 518-0655.

Lessons 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](mailto:richardcwright85@gmail.com)

**Youth Tennis\***

Tuesdays: Drop-in: K-5th: 5-5:45 p.m.  
Wednesdays: 2nd-5th: 5-5:45 p.m.  
Thursdays: K-5th: 5-5:45 p.m.

**Youth Tumbling\***

Thursdays  
Tots: 3:35-3:45 p.m.  
Beginner: 4-4:30 p.m.  
Advanced: 4:30-5:15 p.m.

**Youth Hip-Hop\***

Thursdays  
K-5th: 5:30-6:30 p.m.  
6th & up: 6:30-7:30 p.m.

**After School & All Day Camps\***

Contact [youthprograms@centerami.org](mailto:youthprograms@centerami.org)

**\*Must Pre-Register**

To register for any of the classes or  
events please contact  
[customerservice@centerami.org](mailto:customerservice@centerami.org)

\*Times, classes, and locations are  
subject to change

**FEBRUARY 2024**

**Ice Bath Wednesdays**

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

**Senior Hands Only CPR\***

Wednesday, Feb. 21st  
10:30 a.m.- 12 p.m.

**Adult Tap Dancing\***

Thursdays 4:30-5:30 p.m.  
Starts Feb. 8th

**Krav Maga Self-Defense\***

All Ages (13+): Monday, Feb. 19th  
Must register by Feb. 15th

Seniors: Wednesday, Feb. 21st  
Must register by Feb. 17th

**Optimize Your Life  
Parkinson's**

Wednesday, Feb. 14th  
10:30 a.m.- 12 p.m.  
FREE

**Oyster River Ecology Talk**

Wednesday, Feb. 21st  
1:30 - 2: 30 p.m.  
FREE

**88 Keys: Piano Lessons\***

Tuesdays/Thursdays  
30 minutes lessons  
between 3:30 - 6:30 p.m.