

# Group Fitness Schedule:

# MAY 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. (G)* Total Body Conditioning	9 - 10 a.m. (G) Tai Chi	8:30-9:30 a.m. (PA)* Vinyasa Yoga	7:45-8:45 a.m (PA) Power Flow Yoga	
	8:30- 9:30 a.m. (PA)* Vinyasa Yoga	9:15 - 10:15 a.m. (PA)* Indoor Cycle	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) Pilates/Yoga Mix	10:30- 11 a.m. (Turf) Body Blast	1 - 2 p.m. (PA)* Adaptive Yoga	9:15-10:15 a.m. (PA)* Indoor Cycle		
1 - 2 p.m. (PA)* Pedaling for Parkinsons	10:30- 11:15 a.m. (PA)* Foundation Training				
6 - 7 p.m. (PA)*\$ Yoga Nidra & Crystal Singing Bowl Sound Bath	11:30 a.m. - 12:30 p.m. (Turf) Reboot 60				
9:15-10:15 a.m. (G) All Levels Yoga	5:30-6:30 p.m. (PA)* Amped All Levels Yoga				

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

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

There will be no gym actives on Saturday, May 25th and no open gym Friday, May 24th

(G) - Gym  
(PA) - Performing Arts



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

## Tennis Schedule:

Tuesday	Thursday	Saturday
Tennis: Legends 10:30 am-1 pm	Tennis: Legends 10:30 am-1 pm	Tennis: Legends 10:30 am-1 pm

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

## Open Gym Schedule:

**Monday:** 1 to 3:30 p.m.  
6 to 8:00 p.m.  
**Tuesday:** 1 to 3:30 p.m.  
6 to 8:00 p.m.  
**Wednesday:** 1 to 3:30 p.m.  
**Thursday:** 1 to 3:30 p.m.  
6 to 8:00 p.m.  
**Friday:** 1 to 3:30 p.m.  
6 to 7:00 p.m.  
**Saturday:** 1 to 3:00 p.m.

## Indoor Pickleball Schedule:

All Play
Monday-Saturday 10:30 am-1 pm



hello@centerami.org  
(941)778-1908  
www.Centerami.org

**Center Hours:**  
**Monday-Thursday**  
7 a.m. - 8 p.m.  
**Friday**  
7 a.m. - 7 p.m.  
**Saturday**  
8 a.m. - 3 p.m.

**Open Outdoor Tennis/Pickleball Courts Schedule:**  
**Monday:** 7 a.m. to 8 p.m.  
**Tuesday:** 7 a.m. to 9 am and 1 to 5 p.m.  
**Wednesday:** 7 a.m. to 5 p.m.  
**Thursday:** 7 a.m. to 10:30 a.m. and 1 to 5 p.m.  
**Friday:** 7 a.m. to 7 p.m.  
**Saturday:** 8 a.m. to 10:30 am and 1 to 3 p.m.

Closed: Monday, May 27th

Closed in observation of Memorial Day



**\*Must Pre-Register**

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

~Times, classes, and locations are subject to change

**Center Hours:**

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

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

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



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

 (941)778-1908

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

 407 Magnolia Ave  
Anna Maria, FL 34216

# MAY 2024

## 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: 3:15-3:45 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.

## Youth Yoga\*

Mondays  
K-5th: 4 - 5 p.m.

## After School & All Day Camps\*

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

## Youth Babysitting Class\*

Friday, May 29th  
9 a.m.- 3 p.m.

## Summer Camp\*

Summer My Way: K-5th  
Adventure Time: 6th-9th  
Specialty Camps: For all ages  
Starts June 3rd  
[www.centerami.org/summercamp](http://www.centerami.org/summercamp)  
Contact [youthprograms@centerami.org](mailto:youthprograms@centerami.org)

4.29.24

## Ice Bath Wednesdays

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

## Adult Book Club

The Second Monday of every Month at 2 p.m.  
May 13th Book:  
Daisy Jones & The Six  
By: Taylor Jenkins Reid

## Senior Outings\*

May 7th  
Dali Museum

## Beach Clean-up

May 4th | 9 -11 am

## 88 Keys: Piano Lessons\*

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

## Pickleball Lessons\*

Lessons with Josh, (941) 518-0655.  
Lessons with Janet, (813) 625-4356.

## Tennis Lessons\*

Tennis Pro EJ: (941) 725-9273.  
Tennis Pro Cody: [richardcwright85@gmail.com](mailto:richardcwright85@gmail.com)

## Ladies Tennis Clinics\*

Starting May 7  
Tuesdays 9-10:30 am

## Sports Leagues Coming soon\*

Youth Indoor  
Adult Flag Football  
contact: [sports@centerami.org](mailto:sports@centerami.org)