

Group Fitness Schedule:

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45-8:45 am (PA) Strength, Flexibility & Core	7-7:45 am (PA) Active Isolated Stretching	7:45-8:45 am (PA) Cardio, Core & More	8-9 am (TR)* Gutts & Butts	7:45-8:45 am (G) Balance, Core & Stretch	8:15-9:15 am (PA)* Vinyasa Yoga
	8 - 9 am (PA) Total Body Conditioning	9 - 10 am (PA) Tai Chi		7:45-8:45 am (PA) Power Flow Yoga	
	8:30- 9:30 am* Vinyasa Yoga	9:15 - 10:15 am (TR)* Indoor Cycle	8:30-9:30 am (PA)* Vinyasa Yoga	8 - 9 am (TR) Functional Full Body	
	9:15-10:15 am (G) Pilates/Yoga Mix	10:30- 11 am (TR) Body Blast		9 -10 am (PA) Tai Chi	
	9: 15 - 10:15 am (TR) Functional Full Body				
9:15 - 10:15 am (PA) All Levels Yoga	1 - 2 pm (PA)* Pedaling for Parkinsons	10:30- 11:15 am (PA)* Foundation Training	9:15-10:15 am (G) Pilates/Yoga Mix	9:15-10:15 am (TR)* Indoor Cycle	9:15 - 10:15 am (G) Iron Yoga
	6 - 7 pm (PA)*\$ Yoga Nidra & Crystal Singing Bowl Sound Bath	11:30 am - 12:30 pm (TR) Reboot 60			
		5:30-6:30 pm (PA)* Amped All Levels Yoga			

Center Hours:
 Monday-Thursday
 7 am - 8 pm
 Friday
 7 am - 7 pm
 Saturday
 8 am - 3 pm

*Must pre-register for classes held in PA & TR at the front desk or on the MemberMe+ App.

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

Times, classes, and locations are subject to change

There will be no gym activities on Monday, June 10th

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

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

Mon	Tues	Wed	Thurs	Fri	Sat
7am-8pm	7 - 9am & 1 - 8pm	7am - 8pm	1 - 8pm	7am - 7pm	8 - 10:30am & 1 - 3pm

Mon/Wed	7-9:30 am
Tues/Thurs	7-9 am
Fri/Sat	10:30 am - 1 pm

**For Open Gym Times call
 The Center at (941)778-1908**

Tennis Court #3 reserved for private lessons
 MWF 7:30 am- 7 pm
 Tues/Thurs 7:30-10:30 am & 1 pm to 8 pm



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

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

Ladies Tennis Clinics*

Tuesdays 9-10:30 am

Adult Summer Flag Football

Season Starts: June 27th
Register by: Wednesday, June 5th
Evaluation/Pick-Up Game: June 6th at 6 p.m.
Draft: June 6th at 7 p.m.
Games played on Thursday nights

Youth Summer Indoor Soccer

Last Day to Register: Friday, May 31st

Evaluations/Team Drafts:
Monday, June 3rd 11-14 year olds at 6 pm
Tuesday, June 4th 8-10 year olds at 6 pm
3-4 year olds and 5-7 year olds no evaluations

Season Starts: June 24th

*Must Pre-Register

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

~Times, classes, and locations
are subject to change

JUNE 2024

Ice Bath Wednesdays

Wednesdays | 9 am -12 pm

Holistic Nurse IV & Injection Services

Fridays 9 am - 2 pm

Beach Clean-up

June 1st 9 -11:30 am

Adult Book Club

The Second Monday of every Month at 2 pm

88 Keys: Piano Lessons*

Tuesdays/Wednesday/Thursdays
30 minutes lessons
FOR ALL AGES
Register with the front desk or
hello@centerami.org



 hello@centerami.org

 (941)778-1908

 www.Centerami.org

 407 Magnolia Ave
Anna Maria, FL 34216

Summer Camp Pools*

June 3rd - August 2
Summer My Way: K-5th
Adventure Time: 6th-9th
Specialty Camps: For all ages

Summer Camp is presented by



Specialty Camps

Week 1: Baking with Amy
Week 1: Fundamentals in Photography
Week 1 & Week 4: Youth Tennis Fundamentals
Week 1 & Week 8: Tumbling
Week 2: Dev's Juice Party
Week 2: Natural Tie-Dye
Week 2, 8 & 9: Soccer
Week 2 & 3: Lacrosse
Week 2 & 3: Teen Basketball Camp
Week 3: Youth Tennis
Week 3: Sun Print Class
Week 4: Cheerleading Stunting Clinic
Week 4, 6, & 7: Basketball Camp
Week 6: Lego Building
Week 7: Tuna's Archery Camp
Week 7: Teen Babysitting
Week 8: Fishing
Week 9: Girl's Volleyball Camp

Visit www.centerami.org/summercamp for more
information on the specialty camps

Center Hours:

Monday-Thursday: 7 am - 8 pm

Friday: 7 am - 7 pm

Saturday: 8 am - 3 pm