# **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)*	7:45-8:45 am (G) Balance, Core & Stretch		
	8 - 9 am (PA) Total Body Conditioning	9 - 10 am (PA) Tai Chi	Gutts & Butts	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 - 9 am (TR) Functional Full Body	8:15-9:15 am (PA)* Vinyasa Yoga	
	9:15-10:15 am (G) Pilates/Yoga Mix	10:30- 11 am (TR)	8:30-9:30 am (PA)* Vinyasa Yoga	9 -10 am (PA) Tai Chi		
	9: 15 - 10:15 am (TR) Functional Full Body	Body Blast				
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 (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	9:15-10:15 am (G) Pilates/Yoga Mix			
		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





www.Centerami.org

\*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

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

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

Open Outdoor Tennis/Pickleball Courts Schedule						
Mon	Tues	Wed	Thurs	Fri	Sat	
7am-8pm	7 - 9am & 1 - 8pm	7am - 8pm	1 - 8pm	7am - 7pm	8 - 10:30am & 1 - 3pm	

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 (PA) - Performing Arts

(G) - Gym

(TR) - Training Room

Indoor Pickleball Schedule				
Mon/Wed	7-9:30 am			
Tues/Thurs	7-9 am			
Fri/Sat	10:30 am -			

1 pm

#### 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 Clincs\*

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

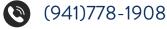
The Second Monday of every Month at 2 pm

# 88 Keys: Piano Lessons\*

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











# 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: 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 Clinc

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 inforamtion on the specilaty camps

#### **Center Hours:**

Monday-Thursday: 7 am - 8 pm

Friday: 7 am - 7 pm

Saturday: 8 am - 3 pm