

Group Fitness Schedule:

JULY 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	
9:15 - 10:15 am (PA) All Levels 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) Iron Yoga
	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	11:30 am - 12:30 pm (TR) Reboot 60	9:15-10:15 am (G) Pilates/Yoga Mix	9:15-10:15 am (TR)* Indoor Cycle	
	1 - 2 pm (PA)* Pedaling for Parkinsons				

*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 Saturday, July 13th

(PA) - Performing Arts

(G) - Gym

(TR) - Training Room

Center Hours:

Monday-Thursday
7 am - 8 pm

Friday
7 am - 7 pm

Saturday
8 am - 3 pm

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

Indoor Pickleball Schedule

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



hello@centerami.org

(941)778-1908

www.Centerami.org

Ice Bath Wednesdays

Wednesdays & Saturdays | 9 am -12 pm

88 Keys: Piano Lessons*

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

Adult Book Club

The Second Monday of every Month at 2 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: richardcowright85@gmail.com

Ladies Tennis Clinics*

Every other Tuesday (July 9th & 23rd) 9-10:30 am

Adult & Youth Fall Soccer*

Starts in September! Registration ends mid-Aug.

*Must Pre-Register

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

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are subject to change

JULY 2024

**The Center will be closed
Thursday, July 4th**

Happy
INDEPENDENCE
Day!

Support your
non-profit and
donate today!
For more info contact
development@centerami.org



THE
Center
OF ANNA MARIA ISLAND



hello@centerami.org



(941)778-1908



www.Centerami.org



407 Magnolia Ave
Anna Maria, FL 34216

Summer Camp*

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 6, & 7: Basketball Camp
Week 6: Lego Building
Week 7: Tuna's Archery Camp
Week 7: Teen Babysitting
Week 8: Fishing
Week 8: Tumbling
Week 8 & 9: Soccer
Week 9: Girl's Volleyball Camp

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

Summer Social Skills Lessons*

Contact youthprograms@centerami.org for
more information.

Center Hours:

Monday-Thursday: 7 am - 8 pm

Friday: 7 am - 7 pm

Saturday: 8 am - 3 pm