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)* | 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 | 8:15-9:15 am (PA)* Vinyasa Yoga | |
| | 8:30- 9:30 am* Vinyasa Yoga | 9:15 - 10:15 am (TR)* Indoor Cycle | | 8 - 9 am (TR) Functional Full Body | | |
| 9:15 - 10:15 am (PA) All Levels Yoga | 9:15-10:15 am (G) Pilates/Yoga Mix | 10:30- 11 am (TR) Body Blast | 8:30-9:30 am (PA)* Vinyasa Yoga | 9 -10 am (PA) Tai Chi | 9:15 - 10:15 am (G) Iron Yoga | |
| | 9: 15 - 10:15 am (TR) Functional Full Body | 11:30 am - 12:30 pm (TR) | | | | |
| | 1 - 2 pm (PA)* Pedaling for Parkinsons | Reboot 60 | 9:15-10:15 am (G) | 9:15-10:15 am (TR)* | | |
| | 6 - 7 pm (PA)*\$ Yoga Nidra & Crystal Singing Bowl Sound Bath | 5:30 - 6:30 pm (PA)* Amped All Levels Yoga | Pilates/Yoga Mix | Indoor Cycle | | |

*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

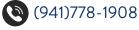
There will be no gym activities on Saturday, July 13th

Center Hours:

Monday-Thursday 7 am - 8 pm Friday 7 am - 7 pm Saturday 8 am - 3 pm







www.Centerami.org

| 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

| (G) - Gym |
|----------------------|
| (TR) - Training Room |
| |
| |
| |

(PA) - Performing Arts

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

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: richardcwright85@gmail.com

Ladies Tennis Clincs*

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

~Times, classes, and locations are subject to change

JULY 2024

The Center will be closed Thursday, July 4th



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













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 inforamtion on the specilaty 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