

Group Fitness Schedule:

AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45-8:45 am (G) Strength, Flexibility & Core PA Room 8.19.20	7-7:45 am (PA) Active Isolated Stretching	7:45-8:45 am (PA) Cardio, Core & More	8-9 am (G) Gutts & Butts TR room 8.1.24	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 (G) Tai Chi		7:45-8:45 am (PA) Power Flow Yoga	
	8:30- 9:30 am* Vinyasa Yoga	9:15 - 10:15 am (PA)* Indoor Cycle	8:30-9:30 am (PA)* Vinyasa Yoga	8 - 9 am (TR) Functional Full Body	
9:15 - 10:15 am (G) All Levels Yoga PA Room 8.19.24	9:15-10:15 am (G) Pilates/Yoga Mix	10:30- 11 am (TR) Body Blast		9 - 10 am (G) Tai Chi PA Room 8.2.24	9:15 - 10:15 am (G) Iron Yoga
	9:15 - 10:15 am (TR) Functional Full Body				
	1 - 2 pm (PA)* Pedaling for Parkinsons	11:30 am - 12:30 pm (TR) Reboot 60	9:15-10:15 am (G) Pilates/Yoga Mix	9:15-10:15 am (PA)* Indoor Cycle TR room 8.2.24	
6 - 7 pm (PA)*\$ Yoga Nidra & Crystal Singing Bowl Sound Bath					

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

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

*Must pre-register for classes held in PA & TR at the front desk or on the MemberMe+ App.
 Times, classes, & locations are subject to change

The Center will be closed August 5th-10th for Maintenance and staff training



hello@centerami.org

(941)778-1908

www.Centerami.org

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

For Open Gym Times call (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

Monday - Saturday
10:30 am - 1 pm

Tues/Thurs/Sat	10:30 am - 1 pm
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The Holistic Nurse IV Services

Starting Aug. 16th: Fridays | 9 am -2 pm
Full list of services centerami.org/culture

Yoga Nirdea & Crystal Signing Bowl Sound Bath*

Tuesdays | 6 pm - 7 pm

Ice Baths

Wednesdays & Saturdays | 9 am -12 pm

88 Keys: Piano Lessons*

Tuesdays/Thursdays Afternoons
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
Aug. 12th's book: All the Colors of the Dark
by Chris Whitaker

LaPensee Bowling Tournament

Save The Date: Saturday, September 14th

*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

Center Hours:

Monday-Thursday: 7 am - 8 pm

Friday: 7 am - 7 pm

Saturday: 8 am - 3 pm

AUGUST 2024

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August 5th-10th for Maintenance
and Staff Training**



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



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 (941)778-1908

 www.Centerami.org

 407 Magnolia Ave
Anna Maria, FL 34216

7.24.24

Youth Fall Soccer*

Last Day to Register August 16th
Evals & Draft: Aug. 19th & 20th

Adult Fall Soccer*

Last Day to Register August 28th
Evals and Draft August 28th at 6pm

Tennis Lessons*

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

Pickleball Lessons*

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

Beyond The Classroom Afterschool*

K-5th Graders
Pick-up from AME / Ends at 6pm
Must Pre-register: youthprograms@centerami.org

Youth Social Skills Lessons*

Monday, Aug 19th & 26th: 4pm-5pm
Contact youthprograms@centerami.org

Youth Tumbling*

Starts August 22nd. : 7 week session
Tots: 3:30pm to 4pm
Beginner: 4pm to 4:30pm
Intermediate: 4:30pm to 5pm
Advanced: 5pm to 5:30pm

Youth Hip-Hop*

Starts August 22nd: 7 week session
K-5th: 5:45pm- 6:45pm
6th & up: 6:45pm- 7:45pm