

July at



Center Hours:
 Monday - Friday: 7am-7pm
 Saturday: 7am-2pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:45am-8:45am Vinyasa Flow
7:45am-8:45am Muscle Works	7am-7:45am Active Isolated Stretching	7:45am-8:45am Cardio, Core, & More	8am-9am Gutts & Butts	7:45am-8:45am Vinyasa Yoga	9am-10am Iron Yoga
9am-10am Vinyasa Yoga	8am-9am Body Blast	9am-10am Tai Chi	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle*	9:00am-10:30am Courts 1-3 Round Robin Tennis
10:15am-11:15am Cardio FUNCTION	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle*	10:30am-12pm Pickleball	9am-10am Tai Chi	10:30am-12:30pm Pickleball
10:30am-6pm Open Tennis Court #2	10:30am-12pm Pickleball	10:15am-11:15am Cardio FUNCTION	10:30am-1pm Tennis: Legends	12:30pm-2:30pm Pickleball	10:30am-1pm Tennis: Legends
10:30am-6pm Outdoor Pickleball Court #1	1pm-6pm Outdoor Pickleball Court #1	10:30am-8pm Open Tennis Court #2	1pm-6pm Open Tennis Court #2	10:30am-6pm Outdoor Pickleball Court #1	1pm-2pm Open Tennis Court 2 & 3
	10:30am-1pm Tennis: Legends	10:30am-6pm Outdoor Pickleball Court #1	1pm-6pm Outdoor Pickleball Court #1	10:30am-6pm Open Tennis Court #2	12:30pm-2pm Open Gymnasium
	1pm-6pm Open Tennis Court #2	6pm-7pm Open Gymnasium <small>*No open gym starting 7/15/20</small>	6pm-7pm Open Gymnasium	6pm-7pm Open Gymnasium	
	6pm-7pm Open Gymnasium				

**Must Pre-register*

Please note classes & programs may change.

We recommend that for Fitness classes you bring your own mat and weights.

Tennis Court #3
 Reserved for Private Lessons MWF 7:30am-8pm
 TRS 7:30am-10:30am
 TRS 1pm-Close

July at The Center

Center Hours:
Monday - Friday: 7am-7pm
Saturday: 7am-2pm

Sports Center

League Sports*

Visit www.centerami.org or email
connor@centerami.org for more
information

Tennis Lessons*

With the Tennis Pro EJ For more
information contact EJ at 941.725.9273

****Must Pre-register***

Youth Center

Summer My Way*

K-5th Grade Camp

8am-6pm

Must register Thursday prior

For more info contact

connor@centerami.org

Fitness Center



**Our Fitness Area is
open when we are!**

Please Note

The Fitness area is not the same
as the Gymnasium or Gym

Fitness Room Orientations

are available and are FREE
email: Islandfitness@hotmail.com

Interested in Personal Training?

Island Fitness is here to help.
email: islandfitness@hotmail.com

See other side for daily schedule
of Fitness Classes



407 Magnolia Ave

(941)778-1908

info@centerami.org
www.centerami.org

See other side for daily class schedule

Classes & programs may change