

# January at The Center

## Center Hours:

Monday & Friday: 7am-8pm

Tuesday-Thursday: 7am-9pm

Saturday: 9am-3pm

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday                                      | Saturday                                    |
|---|--|---|---|---|---|
| 7am-8am<br><b>Open Gymnasium</b>                                  | 7am-8am<br><b>Open Gymnasium</b>                     | 7am-8am & 10:15am-12pm<br><b>Open Gymnasium</b>                                 | 7am-8am<br><b>Open Gymnasium</b>                      | 7am-8am<br><b>Open Gymnasium</b>            | 9am-10am<br><b>Iron Yoga</b>                |
| 7:30am-10:30am<br><b>Round Robin Tennis</b>                       | 7:15am-8am<br><b>Active Isolated Stretching</b>      | 7:30am-10:30am<br><b>Round Robin Tennis</b>                                     | 7:30am-10:30am<br><b>Round Robin Tennis</b>           | 7:30am-10:30am<br><b>Round Robin Tennis</b> | 9:00am-10:30am<br><b>Round Robin Tennis</b> |
| 8:30am-9:30am<br><b>Body Blast</b>                                | 7:30am-10:30am<br><b>Round Robin Tennis</b>          | 8am-8:50am<br><b>Balance &amp; Core</b>   | 8am-9am<br><b>Gutts &amp; Butts</b>                   | 8am-8:50am<br><b>20/20/20</b>               | 10am-11am<br><b>Power Yoga</b>              |
| 8:30am-9:30am<br><b>Intermediate Vinysa</b>                       | 8am-9am<br><b>Muscle Works</b>                       | 8:30am-9:30am<br><b>Intermediate Vinysa</b>                                     | 9:15am-10:15am<br><b>Pilates/Yoga Mix</b>             | 9am-10am<br><b>Tai Chi</b>                  | 10:30am-1pm<br><b>Tennis: Legends</b>       |
| 10:15am-12pm<br><b>Open Gymnasium</b>                             | 9:15am-10:15am<br><b>Pilates/Yoga Mix</b>            | 9am-10am<br><b>Tai Chi</b>  | 9:30am-10:30am<br><b>Restorative Yoga</b>             | 9am-10am<br><b>Group Indoor Cycle*</b>      | 10:15am-12:30pm<br><b>Pickleball</b>        |
| 10am-11am<br><b>Strengthen &amp; Lengthen</b>                     | 9:30am-10:30am<br><b>Restorative Yoga</b>            | 9:45am-10:45am<br>& 11am-12pm<br><b>Body R&amp;R*</b>                           | 12:15pm-3pm<br><b>Pickleball</b>                      | 10:15am-12pm<br><b>Open Gymnasium</b>       | 12:30pm-3pm<br><b>Open Gymnasium</b>        |
| 11am-12pm<br><b>Cardio Flex</b>                                   | 12:15pm-3pm<br><b>Pickleball</b>                     | 10am-11am<br><b>Strengthen &amp; Lengthen</b>                                   | 10:30am-1pm<br><b>Tennis: Legends</b>                 | 12:15pm-3pm<br><b>Pickleball</b>            |   |
| 12:15pm-3pm<br><b>Pickleball</b>                                  | 10:30am-11:30am<br><b>Tech U</b><br>Returns Jan. 9th | 11am-12:30pm<br><b>RCLLA's Einstein's Circle</b><br>Starts 1/10 (no class 1/24) | 2pm-3:30pm<br><b>Line Dancing</b><br>Starts Jan. 11th | 5:15pm-6:15pm<br><b>Youth Dance*§</b>       |   |
| 1pm-2:30pm<br><b>RCLLA's Science Mondays*</b><br>Starts Jan. 15th | 10:30am-1pm<br><b>Tennis: Legends</b>                | 12:15pm-3pm<br><b>Pickleball</b>  | 5:30pm-6:30pm<br><b>Youth Karate*§</b>                | 6pm-8pm<br><b>Open Gymnasium</b>            | <b>Sports Center</b>                        |
| 3pm-4:30pm<br><b>RCLLA's The Essnitials of Lifelong Vitality*</b> | 5:15pm-6:15pm<br><b>Youth Dance*§</b>                | 11am-12pm<br><b>Cardio Flex</b>   | 6pm-9pm<br><b>Open Gymnasium</b>                      |   | <b>Fitness Center</b>                       |
| 5:30pm-6:30pm<br><b>Youth Karate* §</b>                           | 6pm-8pm<br><b>Open Gymnasium</b>                     | 5:30pm-6:30pm<br><b>Group Indoor Cycle*</b>                                     |   |   | <b>Culture Center</b>                       |
| 6pm-8pm<br><b>Open Gymnasium</b>                                  |  | 6pm-8pm<br><b>Open Gymnasium</b>  |   |   | <b>Youth Center</b>                         |
|   |  |   |   |   | <b>Senior Center</b>                        |

*Please note classes & programs may change  
Check with Front Desk for location of class*

\*Must Pre-register or/& § additional fees for members

# January at The Center

## Sports Center

### Adult Volleyball

Deadline to Register is  
January 6th

### Youth Basketball

Deadline to Register is  
February 3rd

### Open Tennis Times

Mon/Wed/Fri 10:30am -8pm  
Tues/Thurs/Sat 1pm-close

### Tennis Lessons

Types of Lessons: General  
Lesson, Semi-Private Lessons  
(2 players), Video Lessons,  
Clinics, and Footwork and  
Conditioning Sessions.

For more information see Front  
Desk

## Culture Center

For information on  
**Ringling College  
Life Long Learning**  
Visit [www.rclla.org](http://www.rclla.org)

7pm-8:15pm  
**Art of Meditation**  
Wednesdays starting Jan. 7th

January 10th  
**Lunch and Learn\*\$\$**  
10am-1pm

## Save The Date

**Volunteer Orientation:**  
**January 4th at 12pm**

**Save the Dates:**  
**10th Annual Murder Mystery**  
Febuary 16th & 17th  
**25th Annual Tour of Homes: March 17th**  
**Bingo: 6pm to 8pm: Jan. 12th & 26th**

## Fitness Center

See Front desk about Fitness  
Room Orientation

Interested in Personal Training?  
Island Fitness is here to help.  
email:  
[islandfitness@centerami.org](mailto:islandfitness@centerami.org)

For information about Anna  
Maria CrossFit at The Center  
contact Shay  
[ANNAMARIACROSSFIT@GMAIL.COM](mailto:ANNAMARIACROSSFIT@GMAIL.COM)

\*Must Pre-register/\$ additional fees for members  
*See other side for daily class schedule*

## Stay Connected



(941)778-1908  
[info@centerami.org](mailto:info@centerami.org)  
[www.centerami.org](http://www.centerami.org)

12/20/2017

Center Hours:  
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Saturday: 9am-3pm

## Youth Center

**Drop-in Day Care**  
Monday-Friday Mornings

9am to 1pm  
Monday nights:  
5:30pm to 8pm  
Tuesday nights:  
5:30pm to 7:30pm  
Wednesday nights:  
5:30pm to 8pm  
Thursday nights:  
5:30pm to 7:30pm  
Saturday mornings:  
9am to 11am

**Beyond the Classroom**  
After School Program  
See Front Desk for more info

**All Day Camp K-5th**  
January 15th  
Contact [lisa@centerami.org](mailto:lisa@centerami.org) for  
more information

**Adventure Time Teens**  
Hang-out at The Center  
After School  
See Front Desk for more info

## Senior Center

**Senior Adventures\*\$\$**  
First three Fridays of the month  
See Front Desk for more info