

# August at The Center



**Center Summer Hours:**  
 Monday - Friday: 7am-8pm  
 Saturday: 8am-3pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-8am <b>Open Gymnasium</b>	7am-8am <b>Open Gymnasium</b>	7am-8am <b>Open Gymnasium</b>	7am-8am <b>Open Gymnasium</b>	7am-8am <b>Open Gymnasium</b>	8am-9am <b>Open Gymnasium</b>
7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	9am-10am <b>Iron Yoga</b>
8am-9am <b>Intermediate Vinysa</b>	8am-9am <b>Muscle Works</b>	8am-8:50am <b>Cardio, Core, &amp; More</b>	8am-9am <b>Gutts &amp; Butts</b>	8am-8:50am <b>20/20/20</b>	9:00am-10:30am <b>Round Robin Tennis</b>
8am-9am <b>Body Blast</b>	9:15am-10:15am <b>Pilates/Yoga Mix</b>	8am-9am <b>Intermediate Vinysa</b>	9:15am-10:15am <b>Pilates/Yoga Mix</b>	<i>Starting Aug. 17th</i> 9am-10am <b>Group Indoor Cycle*</b>	10am-11am <b>Power Yoga</b>
9:15am-10:15am <b>Strengthen &amp; Lengthen</b>	10:30am-1pm <b>Tennis: Legends</b>	9am-10am <b>Tai Chi</b>	10:30am-1pm <b>Tennis: Legends</b>	9am-10am <b>Tai Chi</b>	10:30am-1pm <b>Tennis: Legends</b>
10:15am-11:15am <b>Cardio Flex</b>	<i>Starting Aug. 14th</i> 10:15am-12:15pm <b>Pickleball</b>	10:15am-11:15am <b>Strengthen &amp; Lengthen</b>	<i>Starting Aug. 16th</i> 10:15am-12:15pm <b>Pickleball</b>	<i>Starting Aug. 17th</i> 10:15am-12:15pm <b>Pickleball</b>	10:15am-12:15pm <b>Pickleball</b>
<i>Starting Aug. 13th</i> 10:15am-12:15pm <b>Pickleball</b>	1pm-8pm <b>Open Tennis</b>	Through Aug. 1st 10am-11:45am <b>Pickleball</b>	<i>Starting Aug. 16th</i> 1pm-3pm <b>Open Gymnasium</b>	10:30am-8pm <b>Open Tennis</b>	1pm-3pm <b>Open Tennis</b>
10:30am-8pm <b>Open Tennis</b>	<i>Starting Aug. 14th</i> 1pm-3pm <b>Open Gymnasium</b>	<i>Starting Aug. 15th</i> 10:15am-12:15pm <b>Pickleball</b>	1pm-8pm <b>Open Tennis</b>	6pm-8pm <b>Open Gymnasium</b>	1pm-3pm <b>Open Gymnasium</b>
<i>Starting Aug. 13th</i> 1pm-3pm <b>Open Gymnasium</b>		<i>Starting Aug. 15th</i> 1pm-3pm <b>Open Gymnasium</b>	5:15pm-6:15pm <b>Youth Karate*§</b>		
5:15pm-6:15pm <b>Youth Karate*§</b>		1pm-8pm <b>Open Tennis</b>	6:15pm-7:15pm <b>Teen &amp; Family Karate*§</b>		
6pm-8pm <b>Open Gymnasium</b>		5:30pm-6:30pm <b>Group Indoor Cycle*</b>	6pm-8pm <b>Open Gymnasium</b>		
6:15pm-7:15pm <b>Teen &amp; Family Karate*§</b>		6pm-8pm <b>Open Gymnasium</b> No Open Gym 8/8 or 8/29		<b>Sports Center</b>	<b>Open Gymnasium times subject to change for recreational events</b>
				<b>Fitness Center</b>	
				<b>Culture Center</b>	
				<b>Youth Center</b>	
				<b>Senior Center</b>	

Check with Front Desk for  
 Please note classes &  
 programs may change.

**The Center is Closed Aug. 6-11 for Staff Training and Maintenance**

*\*Must Pre-register  
 \$ additional fees  
 for members*

# August at The Center



Center Summer Hours:  
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## Sports Center

### Tennis Lessons

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

For more information email  
will@centerami.org

### Youth Fall Soccer

Last Day to Register: Sept. 1st  
Evaluations: Sept. 4th  
Season Starts: Sept. 15th

### Adult Fall Soccer

Last Day to Register: Sept. 29th  
Evaluations: Oct. 4th  
Season Starts: Oct. 11th

## Seniors

### Senior Adventures

in partnership with Annie Silver  
Community Center  
E-mail amy@centerami.org for info

### AMI Resident

#### Community Connections Socials

The 2nd Friday of  
every month at 6pm

## Save The Date

The Center will be closed  
August 6-11  
for staff training and maintenance

The Center will be closed  
September 3rd  
in observation of Labor Day

The LePensee Bowling Tournament  
September 8th

Golf Tournament  
September 28th

## CrossFit at The Center

For information about CrossFit Kids or Anna Maria  
CrossFit at The Center contact Shay  
ANNAMARIACROSSFIT@GMAIL.COM

## Stay Connected



(941)778-1908

info@centerami.org  
www.centerami.org

## Youth Center

### Drop-in Day Care

Monday-Friday Mornings  
9am to 1pm  
Monday-Thursday Nights  
5:30pm to 7:30pm  
Saturday mornings:  
9am to 11am

### Beyond The Classroom

After School Care  
AME school dismissal to 6pm  
Must register by the Thursday  
prior to the week of care  
After School Care starts Aug. 13th

## Fitness Center



Fitness Room Orientation are available  
and are FREE. Islandfitness@hotmail.com

Interested in Personal Training? Island  
Fitness is here to help. email:  
islandfitness@hotmail.com

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