

# October at The Center



**Center 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> No open gym 9.29.18
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>	9am-10am <b>Group Indoor Cycle*</b>	10am-11am <b>Power Yoga</b>
9:15am-10:15am <b>Strengthen &amp; Lengthen</b>	9:15am-10:15am <b>Restorative Yoga</b> starts 10/16	9am-10am <b>Tai Chi</b>	10:15am-12:15pm <b>Pickleball</b>	9am-10am <b>Tai Chi</b>	10:15am-12:15pm <b>Pickleball</b>
10:15am-11:15am <b>Cardio Flex</b>	10:15am-12:15pm <b>Pickleball</b>	10am-11am <b>Rollassage</b> starts 10/17	10:30am-1pm <b>Tennis: Legends</b>	10:15am-12:15pm <b>Pickleball</b>	10:30am-1pm <b>Tennis: Legends</b>
10:30am-8pm <b>Open Tennis</b>	10:30am-1pm <b>Tennis: Legends</b>	10:15am-11:15am <b>Strengthen &amp; Lengthen</b>	1pm-3pm <b>Open Gymnasium</b>	10:30am-8pm <b>Open Tennis</b>	1pm-3pm <b>Open Tennis</b>
12:15pm -2:15pm <b>Pickleball</b>	1pm-8pm <b>Open Tennis</b>	11:15am-12:15pm <b>Cardio Flex</b> starts 10/17	1pm-8pm <b>Open Tennis</b>	6pm-8pm <b>Open Gymnasium</b>	1pm-3pm <b>Open Gymnasium</b>
5:15pm-6:15pm <b>All Ages Karate* \$</b>	1pm-3pm <b>Open Gymnasium</b>	12:15pm -2:15pm <b>Pickleball</b>	5:15pm-6:15pm <b>All Ages Karate* \$</b>		
6pm-8pm <b>Open Gymnasium</b>	5:30pm-6:30pm <b>Group Indoor Cycle*</b>	1pm-8pm <b>Open Tennis</b>	6pm-8pm <b>Open Gymnasium</b>		
	6pm-8pm <b>Open Gymnasium</b>	6pm-8pm <b>Open Gymnasium</b>			<b>NO GYMNASIUM ACCESS OCT 27th</b>

Check with Front Desk for location of class.

Please note classes & programs may change.

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

- Sports Center
- Fitness Center
- Culture Center
- Youth Center
- Senior Center

Open Gymnasium times subject to change for recreational events

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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

Games on Tuesday Nights  
visit centerami.org for more info

### Adult Fall Soccer

Last Day to Register: Oct. 6th  
Evaluations: Oct. 11th at 7pm  
Season Starts: Oct. 18th

### Youth Wrestling

Last Day to Register November 3rd  
Season Starts Nov. 9th

## 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

### Free Tennis Clinic

Adults: Oct. 10th at 5pm  
Youth (5-15 years old): Oct. 11th at 5pm

### Community Health Fair

with LECOM  
Oct. 10th 9am-12pm

### Workshop: Rollassage for Cyclist

November 13th  
\$25 for members/ \$35 for non-members  
Must Pre-Register. Space is limited.

## CrossFit at The Center

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

## Stay Connected



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

See other side for daily class schedule

## 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

## Fitness Center



Fitness Room Orientation are available  
and are FREE. [islandfitness@hotmail.com](mailto:islandfitness@hotmail.com)

### Interested in Personal Training? Island

Fitness is here to help. email:  
[islandfitness@hotmail.com](mailto:islandfitness@hotmail.com)

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

Classes & programs may change.