

May at



Center Hours:
 Monday - Thursday: 7am-9pm
 Friday: 7am-8pm Saturday: 8am-3pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-7:45am Open Gymnasium	7am-7:45am Open Gymnasium	7am-7:45am Open Gymnasium	7am-7:45am Open Gymnasium	7am-7:45am Open Gymnasium	8am-8:45am Open Gymnasium
7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:15am-8am Active Isolated Stretching	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	8:30am-9:30am Vinyasa Flow
8am-9am Body Blast	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	8am-8:50am Cardio, Core, & More	8am-9am Gutts & Butts	8am-8:50am 20/20/20	9am-10am Iron Yoga
8:30am-9:30am Intermediate Vinyasa	8am-9am Muscle Works	8:30am-9:30am Intermediate Vinyasa	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle*	9:00am-10:30am Courts 1-3 Round Robin Tennis
9:15am-10:15am Strengthen & Lengthen	9:15am-10:15am Pilates/Yoga Mix	9am-10am Tai Chi	9:15am-10:15am Restorative Yoga	9am-10am Tai Chi	10:30am-1:30pm # Pickleball
10:15am-11:15am Cardio Flex	9:15am-10:15am Restorative Yoga	10am-11am Rollassage*	10:30am-1:30pm # Pickleball	10:30am-11:30am Rollassage*	10:30am-1pm Tennis: Legends
10:30am-8pm Open Tennis Court #2	10:30am-1:30pm # Pickleball	10:15am-11:15am Strengthen & Lengthen	10:30am-1pm Tennis: Legends	10:30am-1:30pm# Pickleball	1pm-3pm Open Tennis Court 2 & 3
12:30pm -3pm # Pickleball	10:30am-1pm Tennis: Legends	11am-12pm Rollassage*	1:30pm-3pm Open Gymnasium	10:30am-8pm Open Tennis Court #2	1:30pm-3pm Open Gymnasium
1pm-3pm Open Play Mahjong	12:30pm-1:30pm Ballet Barre Basics\$	11:15am-12:15pm Cardio Flex	1pm-8pm Open Tennis Court #2	6:45pm-8pm Open Gymnasium	
5:15pm-6:15pm All Ages Karate* \$	12:30pm-2pm Ballet for Adults\$	12:30pm -3pm # Pickleball	1pm-3pm Open Play Mahjong		
6:30pm-7:15pm Youth Jiu-Jitsu* \$	1pm-8pm Open Tennis Court #2	10:30am-8pm Open Tennis Court #2	5:15pm-6:15pm All Ages Karate* \$	# The last hour of pickleball is for lessons & less competitive play	NO GYMNASIUM ACTIVITIES ON May 3rd after 1:30pm May 4th Iron Yoga will take place in CrossFit Room Pickleball on Tennis Courts <i>Please see back for more info</i>
6:45pm-9pm Open Gymnasium	1:30pm-3pm Open Gymnasium	6:30pm-7:15pm Youth Jiu-Jitsu* \$	6:45pm-9pm Open Gymnasium	Tennis Court #1 Reserved for Pickleball MWF 10:30am-close TRS 1pm-close	
7:15pm-8:15pm Adult Jiu-Jitsu* \$	5:30pm-6:30pm Group Indoor Cycle*	6:45pm-9pm Open Gymnasium		Tennis Court #3 Reserved for Private Lessons MWF 7:30am-8pm TRS 7:30am-10:30am TRS 1pm-Close	
	6:45pm-9pm Open Gymnasium	7:15pm-8:15pm Adult Jiu-Jitsu* \$			Open Gymnasium times subject to change for recreational events

Check with Front Desk for location of class.

*Must Pre-register

\$ additional fees for members

Please note classes & programs may change.

May at The Center

Youth Center

Drop-in Day Care

Monday-Thursday Mornings

9am to 1pm

Friday Mornings

10am to 1pm

Beyond The Classroom K-5th Grades*

After School- Monday-Friday till 6pm

For more info contact

ashley@centerami.org

Summer Camp*

Register Now! Ashley@centerami.org

Summer My Way*

8:30am-5:30pm

Must Register the

Thursday prior to Care

Pick between Sports & Discovery

Ages 5-12

Sailing Camp*

June 17-20 or

June 24-27

9am-12pm

Ages 8-14

Cooking Camp*

July 8th-11th

9am-12pm

Robotics Camp*

July 15th -19th

9am-12pm

Drama Camp*

July 22th-16th and

July 29th- Aug. 2nd

Performances on Aug. 2nd

Save The Date

CENTER CLOSED

Monday, May 27th in observation
of Memorial Day

No Open Gym

May 3rd 6:45pm-8pm

May 4th 8am-9am & 1:30pm-3pm

May 4th Class Changes

~Iron Yoga will take place
in the CrossFit Room

~Pickleball will take place
on the tennis courts

CENTER CLOSED

July 4th for Independence Day

Aug 5-10 for staff training and maintenance

Sports Center

League Sports*

Visit www.centerami.org for more information

Tennis Lessons*

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



(941)778-1908

info@centerami.org

www.centerami.org

See other side for daily class schedule

Classes & programs may change

Center Hours:

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Saturday: 8am-3pm

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

Seniors

Senior Adventures*

in partnership with

Annie Silver Community Center

Take place on Fridays. Space is limited.

E-mail amy@centerami.org for info

AMI Resident

Community Connections Socials

The 2nd Friday of every month at 6pm

*Must Pre-register