

November at



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-8am Open Gymnasium	7am-8am Open Gymnasium	7am-8am Open Gymnasium	7am-8am Open Gymnasium	7am-8am Open Gymnasium	8am-9am Open Gymnasium No open gym 9.29.18
7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	
8am-9am Intermediate Vinyasa	8am-9am Muscle Works	8am-8:50am Cardio, Core, & More	8am-9am Gutts & Butts	8am-8:50am 20/20/20	9am-10am Iron Yoga
8am-9am Body Blast	9:15am-10:15am Pilates/Yoga Mix	8am-9am Intermediate Vinyasa	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle*	9:00am-10:30am Round Robin Tennis
9:15am-10:15am Strengthen & Lengthen	9:15am-10:15am Restorative Yoga	9am-10am Tai Chi	10:15am-12:15pm Pickleball	9am-10am Tai Chi	10am-11am Power Yoga
10:15am-11:15am Cardio Flex	10:15am-12:15pm Pickleball	10am-11am Rollassage* No class Nov. 7th	10:30am-1pm Tennis: Legends	10:15am-12:15pm Pickleball	10:15am-12:15pm Pickleball
10:30am-8pm Open Tennis	10:30am-1pm Tennis: Legends	10:15am-11:15am Strengthen & Lengthen	1pm-3pm Open Gymnasium	10:30am-8pm Open Tennis	10:30am-1pm Tennis: Legends
12:15pm -2:15pm Pickleball	1pm-8pm Open Tennis	11:15am-12:15pm Cardio Flex	1pm-8pm Open Tennis	6:30pm-8pm Open Gymnasium	1pm-3pm Open Tennis
5:15pm-6:15pm All Ages Karate* \$	1pm-3pm Open Gymnasium	12:15pm -2:15pm Pickleball	5:15pm-6:15pm All Ages Karate* \$		1pm-3pm Open Gymnasium
6pm-8pm Open Gymnasium	5:30pm-6:30pm Group Indoor Cycle*	1pm-8pm Open Tennis	6:30pm-9pm Open Gymnasium		
	6pm-9pm Open Gymnasium	6pm-9pm Open Gymnasium			

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

Check with Front Desk for location of class.

November at The Center

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Saturday: 8am-3pm

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 Flag Football

Last Day to Register: Nov. 26th
Evaluations: Nov 27th & 28th
Season Starts: Decmeber 15th

Adult Flag Football

Last Day to Register: Dec. 29th
Evaluations: Jan. 3rd
Season Starts: Jan. 10th

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

Center Closed

November 22nd-24th
We will re-open Monday, Nov. 26th at 7am

Lester Family Fun Day Saturday, December 1st

Workshop: Rollassage for Cyclist November 13th

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

Happy Veteran's Day to all the Veterans! From The Center Team

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-Thursday Mornings

9am to 1pm

Monday-Thursday Nights

5:30pm to 7:30pm

Friday Mornings

10am to 1pm

Saturday mornings:

9am to 11am

Beyond The Classroom

All Day Camps 8:30am-5:30pm
November 12th

Fall Break Camp: Nov. 19th-21st
After School- Monday-Friday till 6pm

Youth Dance

Wednesdays 5:30pm-6:30pm
Must Register by Nov. 10th

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!