

January 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
7:30am-10:30am Round Robin Tennis	7:15am-8am Active Isolated Stretching	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	8:30am-9:30am Vinyasa Flow
8am-9am Body Blast	7:30am-10:30am 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	8am-8:45am Cardio Barre	9:00am-10:30am 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 Group Indoor Cycle*	10:30am-12:30pm Pickleball
9:45am-10:30am Cardio Barre	9:15am-10:15am Restorative Yoga	10am-11am Rollassage*	10:30am-12:30pm Pickleball	9am-10am Tai Chi	10:30am-1pm Tennis: Legends
10:15am-11:15am Cardio Flex	10:30am-12:30pm Pickleball	10:15am-11:15am Strengthen & Lengthen	10:30am-1pm Tennis: Legends	10:30am-11:30am Rollassage*	1pm-3pm Open Tennis
10:30am-8pm Open Tennis	10:30am-1pm Tennis: Legends	11am-12pm Rollassage*	1pm-3pm Open Gymnasium	10:30am-12:30pm Pickleball	1pm-3pm Open Gymnasium
12:30pm -2:30pm Pickleball	1pm-8pm Open Tennis	11:15am-12:15pm Cardio Flex	1pm-8pm Open Tennis	10:30am-8pm Open Tennis	
5:15pm-6:15pm All Ages Karate* \$	1pm-3pm Open Gymnasium	12:30pm -2:30pm Pickleball	2pm-3:30pm Line Dancing Starts Jan. 17th	6:45pm-8pm Open Gymnasium	
	5:30pm-6:30pm Group Indoor Cycle*	1pm-8pm Open Tennis	5:15pm-6:15pm All Ages Karate* \$		NO GYM ACTIVITES ON SATURDAY, JAN 19TH
	6pm-9pm Open Gymnasium		6:45pm-9pm Open Gymnasium	Sports Center	
				Fitness Center	
				Culture Center	
				Youth Center	
				Senior Center	

Check with Front Desk for location of class.

Please note classes & programs may change.

*Must Pre-register \$ additional fees for members

Open Gymnasium times subject to change for recreational events

January at The Center

Sports Center

Tennis Lessons

With the Tennis Pro EJ

For more information contact EJ at
941.725.9273

Adult Volleyball

Bring Your Own Team

Last day to register: Saturday, January 19th
Season Starts: Tuesday January 29

Youth Flag Football

Games are played Tuesdays and Wednesdays
visit ww.centerami.org for full schedule

Adult Flag Football

Last Day to Register: Dec. 29th
Evaluations: Jan. 3rd at 7pm
Season Starts: Jan. 10
Games played Thursday nights

Youth Wrestling

Practice on Thursdays and
Fridays 5:15pm - 6:30pm

Youth Center

Drop-in Day Care

Monday-Thursday Mornings

9am to 1pm

Friday Mornings

10am to 1pm

Saturday mornings:

9am to 11am

Beyond The Classroom K-5th Grades

After School- Monday-Friday till 6pm

For more info contact
ashley@centerami.org

Save The Date

Concert at The Center featuring
The Outlaws

Saturday, January 19th

Lunch & Learn*

Sicily- Erupting with Culture

Tuesday, January 22nd

11:30am-1pm

The Art of Meditation

with Kadampa Mediation

Wednesday, January 23rd

7pm-8:30pm

Murder Mystery

Dinner and Show for Adults

February 22nd or 23rd

Tour of Homes

Saturday, March 16th

Center Bazaar in Center Gym

Saturday, March 16th

Passion for Fashion Show

Thursday, April 11th

The Center is closed 12/24, 12/25, 12/31, & 1/1

Center hours 12/26-12/28 7am-6pm

Stay Connected



(941)778-1908

info@centerami.org

www.centerami.org

See other side for daily class schedule

Classes & programs may change

Center Hours:

Monday - Thursday: 7am-9pm

Friday: 7am-8pm

Saturday: 8am-3pm

Fitness Center



Pelvic Floor Health for Woman
Saturday, January 26th at 11am
\$40 for members/\$50 for non-members
Must Pre-register
at the front desk

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

See other side for daily schedule
of Fitness Classes

Our Fitness Area is open when we are!

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

This month January