

# October at



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</b>	7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</b>	7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</b>	7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</b>	7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</b>	8:30am-9:30am <b>Restorative Yoga</b>
8am-9am <b>Body Blast</b>	7:15am-8am <b>Active Isolated Stretching</b>	8am-9am <b>Cardio, Core, &amp; More</b>	8am-9am <b>Gutts &amp; Butts</b>	8am-9am <b>20/20/20</b>	9am-10am <b>Iron Yoga</b>
8:30am-9:30am <b>Intermediate Vinyasa</b>	8am-9am <b>Muscle Works</b>	8:30am-9:30am <b>Intermediate Vinyasa</b>	9:15am-10:15am <b>Pilates/Yoga Mix</b>	9am-10am <b>Group Indoor Cycle*</b>	9:00am-10:30am Courts 1-3 <b>Round Robin Tennis</b>
9:15am-10:15am <b>Strengthen &amp; Lengthen</b>	9:15am-10:15am <b>Pilates/Yoga Mix</b>	9am-10am <b>Tai Chi</b>	10:30am-1:30pm <b>Pickleball</b>	9am-10am <b>Tai Chi</b>	10:30am-1:30pm <b>Pickleball</b>
10:15am-11:15am <b>Cardio Flex</b>	9:15am-10:15am <b>Restorative Yoga</b>	10:15am-11:15am <b>Rollassage*</b>	10:30am-1pm <b>Tennis: Legends</b>	10:15am-11:15am <b>Rollassage*</b>	10:30am-1pm <b>Tennis: Legends</b>
10:30am-8pm <b>Open Tennis Court #2</b>	10:30am-1:30pm <b>Pickleball</b>	10:15am-11:15am <b>Strengthen &amp; Lengthen</b>	1pm-8pm <b>Open Tennis Court #2</b>	10:30am-1:30pm <b>Pickleball</b>	1pm-3pm <b>Open Tennis Court 2 &amp; 3</b>
10:30am-8pm <b>Outdoor Pickleball Court #1</b>	1pm-8pm <b>Outdoor Pickleball Court #1</b>	10:30am-8pm <b>Open Tennis Court #2</b>	1pm-8pm <b>Outdoor Pickleball Court #1</b>	10:30am-8pm <b>Outdoor Pickleball Court #1</b>	1:30pm-3pm <b>Open Gymnasium</b>
11:30am-1:30pm <b>Pickleball</b>	10:30am-1pm <b>Tennis: Legends</b>	10:30am-8pm <b>Outdoor Pickleball Court #1</b>	1:30pm-3:15pm <b>Open Gymnasium</b>	10:30am-8pm <b>Open Tennis Court #2</b>	1pm-3pm <b>Outdoor Pickleball Court #1</b>
1:30pm-3:15pm <b>Open Gymnasium</b>	1pm-8pm <b>Open Tennis Court #2</b>	11:30am-1:30pm <b>Pickleball</b>	5:15pm-6:15pm <b>All Ages Karate* \$</b>	1:30pm-3:15pm <b>Open Gymnasium</b>	
5:15pm-6:15pm <b>All Ages Karate* \$</b>	1:30pm-3:15pm <b>Open Gymnasium</b>	1:30pm-3:15pm <b>Open Gymnasium</b>	6pm-8pm <b>Open Gymnasium</b>	6pm-8pm <b>Open Gymnasium</b>	<b>There will be no gym activities on Oct. 12th</b>
6pm-8pm <b>Open Gymnasium</b>	5:30pm-6:30pm <b>Group Indoor Cycle*</b>	6pm-8pm <b>Open Gymnasium Basketball:</b> <i>until basketball games start</i>			Tennis Court #3 Reserved for Private Lessons MWF 7:30am-8pm TRS 7:30am-10:30am TRS 1pm-Close
<i>\$ additional fees for members</i>	6pm-8pm <b>Open Gymnasium</b> <i>*Must Pre-register</i>		<i>Please note classes &amp; programs may change.</i>	<b>Open Gymnasium times subject to change for recreational events</b>	

# October at The Center

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## Sports Center

### League Sports\*

Visit [www.centerami.org](http://www.centerami.org) for more

### Adult Soccer

Must Register by October 5th  
For more information  
[timothy@centerami.org](mailto:timothy@centerami.org)

### Adult Basketball

Must Register by October 16th  
For more information  
[timothy@centerami.org](mailto:timothy@centerami.org)

### Tennis Lessons\*

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

### Adult Fall Soccer League

Coming in September/October  
For more information  
[timothy@centerami.org](mailto:timothy@centerami.org)

## Youth Center

### Youth Dance\*\$

**FREE CLINIC Sept. 26th at 6:30pm**

Ballet & Tap: Starts Oct. 2nd

Wednesdays 5:30pm-6:30pm

Jazz & Hip Hop: Starts Oct. 3rd

Thursdays 6:30pm-7:30pm

### Beyond The Classroom K-5th Grades\*

After School Program

Monday-Friday till 6pm

All Day Camps 8:30am-6pm

For more info contact

[ashley@centerami.org](mailto:ashley@centerami.org)

## Save The Date

### The Ugly Grouper

### Golf Tournament

Friday, October 4th

## Closed for Thanksgiving

November 28-30

### Lester Family Fun Day

Saturday, December 7th

### Sha Na Na

### 50th Anniversary Concert

Saturday, December 14th

## Seniors

### AMI Resident

### Community Connections Socials

The 2nd Friday of every month at 6pm

Page Turners Book Club will meet the first  
Monday of the month!



407 Magnolia Ave

(941)778-1908

[info@centerami.org](mailto:info@centerami.org)  
[www.centerami.org](http://www.centerami.org)

*See other side for daily class schedule  
Classes & programs may change*

**\*Must Pre-register**

9.18.19

## Fitness Center



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

## Please Note

The Fitness area is not the same  
as the Gymnasium or Gym

### iStore: Hips & Back Workshop\*\$

Thursday, November 14th

11am-1pm

Must pre-register

### HIIT Classes\*\$

Starts Monday, October 7th

Mondays, Wednesdays, and Fridays

12pm-1pm

Must pre-register

### Fitness Room Orientations

are available and are FREE  
email: [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)

See other side for daily schedule  
of Fitness Classes