# August at



#### **Center Hours:**

Monday - Friday: 7am-7pm Saturday: 7am-2pm

Monday	Tuesdav	Wednesday	Thursday	Friday	Saturdav
	7:30am-10:30am		7:30am-10:30am		9am-10am
7:30am-10:30am	Courts #1 & #2	7:30am-10:30am	Courts #1 & #2	7:30am-10:30am	Iron Yoga
Courts #1 & #2	Round Robin Tennis	Courts #1 & #2	Round Robin Tennis	Courts #1 & #2	
Round Robin Tennis		Round Robin Tennis		Round Robin Tennis	9:00am-10:30am
	7am-7:45am		8am-9am		Courts 1-3
7:45am-8:45am	Active Isolated Stretching	7:45am-8:45am	Gutts & Butts	7:45am-8:45am	Round Robin Tennis
Muscle Works		Cardio, Core, & More		Vinyasa Yoga	
	8am-9am		9:15am-10:15am		10:30am-12:30pm
9am-10am	Body Blast	9am-10am	Pilates/Yoga Mix	9am-10am	Pickleball
Vinyasa Yoga		Tai Chi		Group Indoor Cycle*	
	9:15am-10:15am		10:30am-12pm		10:30am-1pm
10:15am-11:15am	Pilates/Yoga Mix	9am-10am	Pickleball	9am-10am	Tennis: Legends
Cardio FUNction		Group Indoor Cycle*		Tai Chi	
	10:30am-12pm		10:30am-1pm		1pm-2pm
10:30am-6pm	Pickleball	10:15am-11:15am	Tennis: Legends	12:30pm-2:30pm	Open Tennis Court 2 & 3
Open Tennis Court #2		Cardio FUNction		Pickleball	
	12:30pm-2:30pm		12:30pm-2:30pm		12:30pm-2pm
10:30am-6pm	Open Gymnasium	10:30am-8pm	Open Gymnasium	10:30am-6pm	Open Gymnasium
Outdoor Pickleball	Starting 8.18.20	Open Tennis Court #2	Starting 8.20.20	Outdoor Pickleball	
Court #1				Court #1	
	1pm-6pm	10:30ат-брт	1pm-6pm		
11:30am-2:30pm	Outdoor Pickleball	Outdoor Pickleball	Open Tennis Court #2	10:30am-6pm	
Pickleball	Court #1	Court #1		Open Tennis Court #2	
Starting 8.17.20			1рт-брт		
	10:30am-1pm	11:30am-2:30pm	Outdoor Pickleball	6pm-7pm	We recommend that for
6pm-7pm	Tennis: Legends	<b>Pickleball</b>	Court #1	Open Gymnasium	Fitness classes you bring
Open Gymnasium		<b>Starting 8.19.20</b>			your own mat and weights.
	1pm-6pm		6pm-7pm		
	Open Tennis Court #2	6pm-7pm	Open Gymnasium		Tennis Court #3
		Open Gymnasium			Reserved for Private
	6pm-7pm	- F J			Lessons MWF 7:30am-8pm
	Open Gymnasium				TRS 7:30am-10:30am
	Open Gymnasium			Please note classes &	TRS 1pm-Close
				programs may change.	The Ipin Close

### August at The Center

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#### **Sports Center**

#### League Sports\*

Visit www.centerami.org or email connor@centerami.org for more information

#### Tennis Lessons\*

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

#### \*Must Pre-register

#### Youth Soccer\*

Last day to register August 25th Evaluations August 26th Season starts September 2nd

#### Free Youth Soccer Clinic

August 12th & 19th 6pm-7pm

#### **Youth Center**

#### Summer My Way\*

#### K-5th Grade Camp 8am-6pm

Camp runs Aug 3rd-7th
August 10th-14th
Must register Thursday prior
For more info contact
connor@centerami.org

#### Beyonnd The Classroom After School\*

Pick up from AME Dismissal-6pm Starts August 17th For more info contact

Connor@centerami.org

The Center is closed Monday Septmeber 7th 2020



407 Magnolia Ave **(941)778-1908** 

info@centerami.org www.centerami.org

See other side for daily class schedule

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