

September at



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	9am-10am Iron Yoga
7:45am-8:45am Muscle Works	7am-7:45am Active Isolated Stretching	7:45am-8:45am Cardio, Core, & More	8am-9am Gutts & Butts	7:45am-8:45am Balance, Core, and Stretch	9:00am-10:30am Courts 1-3 Round Robin Tennis
9am-10am Vinyasa Yoga	8am-9am Body Blast	9am-10am Tai Chi	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle* <i>No Class 9/04</i>	10:30am-12:30pm Pickleball
10:15am-11:15am Cardio FUNCTION	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle* <i>No class 9/02</i>	10:30am-12:30pm Pickleball	9am-10am Tai Chi	10:30am-1pm Tennis: Legends
10:30am-6pm Open Tennis Court #2	10:30am-12:30pm Pickleball	10:15am-11:15am Cardio FUNCTION	10:30am-1pm Tennis: Legends	10:30am-12:30pm Pickleball	1pm-2pm Open Tennis Court 2 & 3
10:30am-6pm Outdoor Pickleball Court #1	1pm-3pm Open Gymnasium	10:30am-8pm Open Tennis Court #2	1pm-3pm Open Gymnasium	10:30am-6pm Outdoor Pickleball Court #1	12:30pm-2pm Open Gymnasium
11:30am-3pm Pickleball	1pm-6pm Outdoor Pickleball Court #1	10:30am-6pm Outdoor Pickleball Court #1	1pm-6pm Open Tennis Court #2	10:30am-6pm Open Tennis Court #2	
6pm-7pm Open Gymnasium	10:30am-1pm Tennis: Legends	11:30am-3pm Pickleball	1pm-6pm Outdoor Pickleball Court #1	10:30am-6pm Open Tennis Court #2	
	1pm-6pm Open Tennis Court #2	6pm-7pm Open Gymnasium	6pm-7pm Open Gymnasium	1pm-3pm Open Gymnasium	
	6pm-7pm Open Gymnasium			6pm-7pm Open Gymnasium	

We recommend that for Fitness classes you bring your own mat and weights.

Tennis Court #3 Reserved for Private Lessons MWF 7:30am-8pm TRS 7:30am-10:30am TRS 1pm-Close

Please note classes & programs may change.

**Must Pre-register*

September 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

Youth Soccer*

for more info connor@centerami.org
Season starts September 2nd

Beyond The Classroom After School

Pick-up from AME
Dismissal -6pm
For more info contact
connor@centerami.org

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

The Center is closed Monday
September 7th 2020



407 Magnolia Ave
(941)778-1908
info@centerami.org
www.centerami.org

See other side for daily class schedule

Classes & programs may change

***Must Pre-register**