

# October at



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

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>	9am-10am <b>Iron Yoga</b>
7:45am-8:45am <b>Muscle Works</b>	7am-7:45am <b>Active Isolated Stretching</b>	7:45am-8:45am <b>Cardio, Core, &amp; More</b>	8am-9am <b>Gutts &amp; Butts</b>	7:45am-8:45am <b>Balance, Core, and Stretch</b>	9:00am-10:30am Courts 1-3 <b>Round Robin Tennis</b>
9am-10am <b>Vinyasa Yoga</b>	8am-9am <b>Body Blast</b>	9am-10am Tai Chi	9:15am-10:15am <b>Pilates/Yoga Mix</b>	9am-10am Group Indoor Cycle*	10:30am-12:30pm <b>Pickleball</b>
10:15am-11:15am <b>Cardio FUNCTION</b>	9:15am-10:15am <b>Pilates/Yoga Mix</b>	9am-10am <b>Group Indoor Cycle*</b>	10:30am-12:30pm <b>Pickleball</b>		10:30am-1pm <b>Tennis: Legends</b>
10:30am-6pm <b>Open Tennis Court #2</b>	10:30am-12:30pm <b>Pickleball</b>		10:30am-1pm <b>Tennis: Legends</b>	9am-10am <b>Tai Chi</b>	1pm-2pm <b>Open Tennis Court 2 &amp; 3</b>
10:30am-6pm <b>Outdoor Pickleball Court #1</b>	1pm-3pm <b>Open Gymnasium</b>	10:15am-11:15am <b>Cardio FUNCTION</b>	1pm-3pm <b>Open Gymnasium</b>	10:30am-12:30pm <b>Pickleball</b>	12:30pm-2pm <b>Open Gymnasium</b>
11:30am-3pm <b>Pickleball</b>	1pm-6pm <b>Outdoor Pickleball Court #1</b>	10:30am-8pm <b>Open Tennis Court #2</b>	1pm-6pm <b>Open Tennis Court #2</b>	10:30am-6pm <b>Outdoor Pickleball Court #1</b>	
6pm-7pm <b>Open Gymnasium</b>	10:30am-1pm <b>Tennis: Legends</b>	10:30am-6pm <b>Outdoor Pickleball Court #1</b>	1pm-6pm <b>Outdoor Pickleball Court #1</b>	10:30am-6pm <b>Open Tennis Court #2</b>	
	1pm-6pm <b>Open Tennis Court #2</b>	11:30am-3pm <b>Pickleball</b>	6pm-7pm <b>Open Gymnasium</b>	1pm-3pm <b>Open Gymnasium</b>	<b>We recommend that for Fitness classes you bring your own mat and weights.</b>
	6pm-7pm <b>Open Gymnasium</b>	6pm-7pm <b>Open Gymnasium</b>		6pm-7pm <b>Open Gymnasium</b>	<b>Tennis Court #3 Reserved for Private Lessons MWF 7:30am-8pm TRS 7:30am-10:30am TRS 1pm-Close</b>

*Please note classes & programs may change.*

*\*Must Pre-register*

# October at The Center

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

## Sports Center

### League Sports\*

Visit [www.centerami.org](http://www.centerami.org) or email  
[connor@centerami.org](mailto:connor@centerami.org) for more  
information

### Tennis Lessons\*

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

### Youth Football

for more info contact [connor@centerami.org](mailto:connor@centerami.org)  
Coming December 2020

## Beyond The Classroom After School

**Pick-up from AME**

**Dismissal -6pm**

For more info contact  
[connor@centerami.org](mailto:connor@centerami.org)

## HIIT Transformation Program

6 Weeks

Monday, Tuesday, Thursday

11:30am-12:30pm

*Starts October 19th*

**Reserve your spot before 10.14.20**

Sign up at Center Front desk

Space is limited!

## 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](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



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**