

December 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	7am-7:45am Active Isolated Stretching	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:45am-8:45am Yin Yoga
7:45am-8:45am Muscle Works	7am-7:45am Active Isolated Stretching	7:45am-8:45am Cardio, Core, & More	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:45am-8:45am Balance, Core, and Stretch	9am-10am Iron Yoga
9am-10am Vinyasa Yoga	8am-9am Body Blast	9am-10am Tai Chi	8am-9am Gutts & Butts	9am-10am Group Indoor Cycle* No class 12/4	9:00am-10:30am Courts 1-3 Round Robin Tennis
10:15am-11:15am Cardio FUNction	9:15am-10:15am Pilates/Yoga Mix	9am-10am Group Indoor Cycle*	9:15am-10:15am Pilates/Yoga Mix	9am-10am Tai Chi	10:30am-12:30pm Pickleball No play 12/5
10:30am-6pm Open Tennis Court #2	10:30am-12:30pm Pickleball	10:15am-11:15am Cardio FUNction	10:30am-12:30pm Pickleball	10:30am-12:30pm Pickleball	10:30am-1pm Tennis: Legends
10:30am-6pm Outdoor Pickleball Court #1	1pm-3pm Open Gymnasium	10:30am-8pm Open Tennis Court #2	10:30am-1pm Tennis: Legends	10:30am-6pm Outdoor Pickleball Court #1	1pm-2pm Open Tennis Court 2 & 3
11:30am-3pm Pickleball	1pm-6pm Outdoor Pickleball Court #1	10:30am-6pm Outdoor Pickleball Court #1	1pm-3pm Open Gymnasium	10:30am-6pm Open Tennis Court #2	12:30pm-2pm Open Gymnasium
6pm-7pm Open Gymnasium	10:30am-1pm Tennis: Legends	11:30am-3pm Pickleball	1pm-6pm Open Tennis Court #2	10:30am-6pm Open Tennis Court #2	
	1pm-6pm Open Tennis Court #2	6pm-7pm Open Gymnasium	1pm-6pm Outdoor Pickleball Court #1	1pm-3pm Open Gymnasium	
	6pm-7pm 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*

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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 Flag Football*

for more info contact connor@centerami.org
First game 1/05

Youth Center

Youth Jazz & Hip -Hop Dance Class*

5-16 years old
Thursdays 6pm-7pm
For more info contact
youthprograms@centerami

Beyond The Classroom After School*

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

K-5th Grade All Day Camps*

Winter Camp
8am-6pm
December 21-23,
December 28-31, &
Jan. 4-5
youthprograms@centerami.org

~ The Center will be closed
at 11am on Dec. 5th for
maintenance

~ The Center will closed
Dec 24th- 26th

~ The Center will be closed
Jan. 1st & 2nd

Fitness Center



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

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

Holiday Stress HIIT

Monday, Tuesday, Thursday
11:30am-12:30pm
Runs Monday 11/30 - Tuesday 12/22

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



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**