

February at



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7am-7:45am Active Isolated Stretching	7:30am-10:30am Round Robin Tennis	9:00am-10am Iron Yoga
7:45am-8:45am Muscle Works	7am-7:45am Active Isolated Stretching	7:45am-8:45am Cardio, Core, & More	7:30am-10:30am Round Robin Tennis	7:45am-8:45am Balance, Core, and Stretch	9:00am-10:30am Round Robin Tennis
9am-10am Restorative Yoga	8am-9am Body Blast	9am-10am Outside CardioBarre	8am-9am Gutts & Butts	9am-10am Group Indoor Cycle*	9:15am-10:15am Outside CardioFit
9am-10am Outside CardioBarre	9:15am-10:15am Outside Pilates/Yoga Mix	9am-10am Tai Chi	9:15am-10:15am Pilates/Yoga Mix	9am-10am Tai Chi	10:15-11:15am Yin Yoga
10:15am-11:15am Cardio FUNCTION	10:30am-11:30am Vinyasa Yoga	9am-10am Group Indoor Cycle*	10:30am-11:30am Vinyasa Yoga	10:15am-11:15am Tighten & Tone	11:45am-2pm Pickleball
10:30am-8pm Open Tennis	10:30am-1pm Tennis: Legends	10:15am-11:15am Cardio FUNCTION	10:30am-1pm Tennis: Legends	10:30am-7pm Open Tennis	10:30am-1pm Tennis: Legends
11:45am-2pm Pickleball	11:45am-2pm Pickleball	10:30am-8pm Open Tennis	11:30am-12:30pm Outside Rollassage	11:45am-2pm Pickleball	1pm-3pm Open Tennis
2pm-3pm Open Gymnasium	1pm-6pm Open Tennis	11:45am-2pm Pickleball	11:45am-2pm Pickleball	2pm-3pm Open Gymnasium	2pm-3pm Open Gymnasium
6pm-8pm Open Gymnasium	2pm-3pm Open Gymnasium	2pm-3pm Open Gymnasium	1pm-8pm Open Tennis	6pm-7pm Open Gymnasium	
	6pm-8pm Open Gymnasium	6pm-8pm Open Gymnasium	2pm-3pm Open Gymnasium		
			6pm-8pm Open Gymnasium		

*Must Pre-register

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

February at The Center

Sports Center

Youth & Adult 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

Open Tennis

During open tennis courts are open on a first come, first-serve basis. Courts can be used for tennis or pickleball play.

Youth Center

Youth Jazz & Hip -Hop Dance Class*

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

Beyond The Classroom After School*

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

K-5th Grade All Day Camps*

February 15th
8am-6pm
For more info contact
youthprograms@centerami.org
***Must Pre-register**

Center Protocols

Visit www.centerami.org to view more info on protocols

Wear a mask
Temperature checks
Keep your distance
Stay home if sick
Bring your own equipment
Wipe down equipment
Indoor classes sizes are limited
(Busy indoor classes will have a number system if needed)

Please note classes & programs may change.



407 Magnolia Ave
(941)778-1908

info@centerami.org

www.centerami.org

See other side for daily class schedule

Classes & programs may change

1.26.21

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Monday -Thursday 7am-8pm

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Fitness Center



Our Fitness Area is open when we are!

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

HIIT Class

Monday, Tuesday, Thursday
11:30am-12:30pm
Fee Based Class

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