

# March at



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

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>	7am-7:45am <b>Active Isolated Stretching</b>	7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</b>	9:00am-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>	7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</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>Restorative Yoga</b>	8am-9am <b>Body Blast</b>	9am-10am <b>Outside CardioBarre</b>	8am-9am <b>Gutts &amp; Butts</b>	9am-10am <b>Group Indoor Cycle*</b> <i>No class 3/12/21</i>	9:15am-10:15 <b>Outside CardioFit</b> <i>No class 3/13/21</i>
9am-10am <b>Outside CardioBarre</b>	9:15am-10:15am <b>Outside Pilates/Yoga Mix</b>	9am-10am <b>Tai Chi</b>	9:15am-10:15am <b>Pilates/Yoga Mix</b>	9am-10am <b>Tai Chi</b>	10:15-11:15am <b>Yin Yoga</b>
10:15am-11:15am <b>Cardio FUNCTION</b>	10:30am-11:30am <b>Vinyasa Yoga</b>	9am-10am <b>Group Indoor Cycle*</b> <i>No class 3/10/21 &amp; 3/31/21</i>	10:30am-11:30am <b>Vinyasa Yoga</b>	10:15am-11:15am <b>Tighten &amp; Tone</b>	11:45am-2pm <b>Pickleball</b>
10:30am-8pm <b>Open Tennis</b>	11:45am-2pm <b>Pickleball</b>	10:15am-11:15am <b>Cardio FUNCTION</b>	11:30am-12:30pm <b>Outside Rollasage</b>	11:45am-2pm <b>Pickleball</b>	10:30am-1pm <b>Tennis: Legends</b>
11:45am-2pm <b>Pickleball</b>	10:30am-1pm <b>Tennis: Legends</b>	10:30am-8pm <b>Open Tennis</b>	10:30am-1pm <b>Tennis: Legends</b>	10:30am-7pm <b>Open Tennis</b>	1pm-2pm <b>Open Tennis</b>
2pm-3pm <b>Open Gymnasium</b>	1pm-8pm <b>Open Tennis</b>	11:45am-2pm <b>Pickleball</b>	11:45am-2pm <b>Pickleball</b>	2pm-3pm <b>Open Gymnasium</b>	2pm-3pm <b>Open Gymnasium</b>
6pm-8pm <b>Open Gymnasium</b>	2pm-3pm <b>Open Gymnasium</b>	2pm-3pm <b>Open Gymnasium</b>	1pm-8pm <b>Open Tennis</b>	6pm-7pm <b>Open Gymnasium</b>	
	6pm-8pm <b>Open Gymnasium</b>	6pm-8pm <b>Open Gymnasium</b>	2pm-3pm <b>Open Gymnasium</b>		
			6pm-8pm <b>Open Gymnasium</b>	<b>We recommend that for fitness classes you bring your own mat and weights.</b>	<b>Tennis Court #3 Reserved for Private Lessons MWF 7:30am-8pm TRS 7:30am-10:30am TRS 1pm-Close</b>

\*Class sizes will be limited. For busy classes a number system will be in place.

\*Must Pre-register

# March at The Center

## 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 Flag Football \*

Deadline to register March 29th

First game April 3rd  
for more info contact [connor@centerami.org](mailto:connor@centerami.org)

### Adult Red Cup Kickball

Register as a team!  
Register by 4/09 @ 4pm  
Must be 21+

### Adult Soccer\*

Register by 4/01 @ 4pm  
First game 4/08

## Youth Center

### Youth Jazz & Hip -Hop Dance Class\*

5-16 years old  
Thursdays 6pm-7pm  
For more info contact  
[youthprograms@centerami.org](mailto:youthprograms@centerami.org)

### Beyond The Classroom After School\*

Pick-up from AME  
Dismissal -6pm  
For more info contact  
[youthprograms@centerami.org](mailto:youthprograms@centerami.org)

### K-5th Grade Spring Break Camp\*

March 15-19th  
8am-6pm  
For more info contact  
[youthprograms@centerami.org](mailto:youthprograms@centerami.org)  
\*Register by March 10th

## Fitness Center



Our Fitness Area is open when we are!

### Balance Workshop

With Lara Malone  
March 31st 11:45am-1pm

### HIIT Class

Monday, Tuesday, Thursday  
11:30am-12:30pm  
Starts Monday March 1st

### Happy Feet Workshop

With Ronnie Fulton  
March 26th 10am-11:30am

### 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

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

3.3.21



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