March at



Center Hours:

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

| Monday | Tuesday | Wednesday | munity's gathering place Thursday | Friday | Saturday |
|--|----------------------------|----------------------------|-----------------------------------|---------------------------------------|------------------------|
| , | 7:30am-10:30am | | 7am-7:45am | | 9:00am-10am |
| 7:30am-10:30am | Courts #1 & #2 | 7:30am-10:30am | Active Isolated Stretching | 7:30am-10:30am | Iron Yoga |
| Courts #1 & #2 | Round Robin Tennis | Courts #1 & #2 | Titelive Isolated Stretching | Courts #1 & #2 | II on Toga |
| Round Robin Tennis | Round Robin Tennis | Round Robin Tennis | 7:30am-10:30am | Round Robin Tennis | 9:00am-10:30am |
| Round Room Tenns | 7am-7:45am | Round Robin Tennis | Courts #1 & #2 | Round Robin Tenns | Courts 1-3 |
| 7:45am-8:45am | Active Isolated Stretching | 7:45am-8:45am | Round Robin Tennis | 7:45am-8:45am | Round Robin Tennis |
| Muscle Works | Active isolated Stretching | Cardio, Core, & More | Round Robin Tennis | Balance, Core, and Stretch | Round Room Tenns |
| Widscie Works | 8am-9am | Cardio, Core, & More | 8am-9am | Darance, Core, and Stretch | 9:15am-10:15 |
| 9am-10am | Body Blast | 9am-10am | Gutts & Butts | 9am-10am | Outside |
| Restorative Yoga | Body Blast | Outside | Gutts & Butts | Group Indoor Cycle* | CardioFit |
| Restorative roga | 9:15am-10:15am | | 9:15am-10:15am | | |
| 9am-10am | | CardioBarre | | No class 3/12/21 | No class 3/13/21 |
| 1 | Outside | 0 10 | Pilates/Yoga Mix | 010 | 10:15-11:15am |
| Outside | Pilates/Yoga Mix | 9am-10am | 10.20 11.20 | 9am-10am | I I |
| CardioBarre | 10.00 | Tai Chi | 10:30am-11:30am | Tai Chi | Yin Yoga |
| 10.15 | 10:30am-11:30am | 2 10 | Vinyasa Yoga | 10.15 | 11.15 |
| 10:15am-11:15am | Vinyasa Yoga | 9am-10am | | 10:15am-11:15am | 11:45am-2pm |
| Cardio FUNction | | Group Indoor Cycle* | 11:30am-12:30pm | Tighten & Tone | Pickleball |
| | 11:45am-2pm | No class 3/10/21 & 3/31/21 | Outside | | |
| 10:30am-8pm | Pickleball | | Rollasage | 11:45am-2pm | 10:30am-1pm |
| Open Tennis | | 10:15am-11:15am | | Pickleball | Tennis: Legends |
| | 10:30am-1pm | Cardio FUNction | 10:30am-1pm | | |
| 11:45am-2pm | Tennis: Legends | | Tennis: Legends | 10:30am-7pm | 1pm-2pm |
| Pickleball | | 10:30am-8pm | | Open Tennis | Open Tennis |
| | 1pm-8pm | Open Tennis | 11:45am-2pm | | |
| 2pm-3pm | Open Tennis | | Pickleball | 2pm-3pm | 2pm-3pm |
| Open Gymnasium | | 11:45am-2pm | | Open Gymnasium | Open Gymnasium |
| , <u>, , , , , , , , , , , , , , , , , , </u> | 2pm-3pm | Pickleball | 1pm-8pm | , , , , , , , , , , , , , , , , , , , | |
| 6pm-8pm | Open Gymnasium | Tionion | Open Tennis | 6pm-7pm | |
| Open Gymnasium | open symmustum | 2pm-3pm | open remis | Open Gymnasium | |
| open dynnasian | 6pm-8pm | Open Gymnasium | 2pm-3pm | open Gymnasium | |
| | Open Gymnasium | Open Gymnasium | Open Gymnasium | We recommend that for | Tennis Court #3 |
| | Open Gymnasium | 6pm-8pm | Open Gymnasium | fitness classes you bring | Reserved for Private |
| | | Open Gymnasium | 6pm-8pm | your own mat and weights. | Lessons MWF 7:30am-8pm |
| | | Open Gymnasium | Open Gymnasium | Jour official field freights. | TRS 7:30am-10:30am |
| Wales of the Hill House | Level Control | | Open Gymnasium | *M D.: | |
| *Class sizes will be limited. For busy classes a number system will be in place. | | | | *Must Pre-register | TRS 1pm-Close |

March at The Center

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 *

Deadline to register March 29th

First game April 3rd for more info contact connor@centerami.org

Adult Red Cup Kickball

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

Adult Soccer*

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

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

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 vouthprograms@centerami.org

K-5th Grade Spring Break Camp*

March 15-19th 8am-6pm

For more info contact

youthprograms@centerami.org

*Register by March 10th



407 Magnolia Ave (941)778-1908

info@centerami.org

www.centerami.org

See other side for daily class schedule Classes & programs may change Center Hours: Monday -Thursday 7am-8pm Friday 7am-7pm Saturday: 8am-3pm

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

See other side for daily schedule