

August 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	7am-7:45am (G) Active Isolated Stretching	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	9:00am-10am (G) Iron Yoga
7:45am-8:45am (G) Muscle Works	7:30am-10:30am Round Robin Tennis	7:45am-8:45am (G) Cardio, Core, & More	8am-9am (G) Gutts & Butts	7:45am-8:45am (G) Balance, Core, and Stretch	9:00am-10:30am Courts 1-3 Round Robin Tennis
9am-10am (PA) Restorative Yoga No Class 8/30	8am-9am (G) Total Body Conditioning	9am-10am (PA) Tai Chi	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (CF) Group Indoor Cycle*	10:30am-1pm Tennis: Legends
9am-12pm Pickleball	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (CF) Group Indoor Cycle*	10:30am-1pm Tennis: Legends	9am-10am (PA) Tai Chi	10:30am-1pm Pickleball
10:15am-11:15am (PA) Cardio FUNction *No Class 8/9	10:30am-12pm Pickleball	9am-12pm Pickleball	10:30am-12pm Pickleball	10:30am-1pm Pickleball	1pm-3pm Open Tennis
10:30am-8pm Open Tennis	10:30am-1pm Tennis: Legends	10:15am-11:15am (PA) Cardio FUNction No class 8/11	12pm-3pm Open Gym	10:30am-7pm Open Tennis	1pm-3pm Open Gymnasium
12pm-3pm Open Gymnasium	12pm-3pm Open Gym	10:30am-8pm Open Tennis	1pm-8pm Open Tennis	10:30am-7pm Open Tennis	
	1pm-8pm Open Tennis	12pm-3pm Open Gymnasium		1pm-3pm Open Gymnasium	
				6pm-7pm Open Gymnasium	

*No open gym Aug. 21st

*No evening open gym

*Must Pre-register

Fitness Class Room

PA: Performing Arts Room

CF: Cross Fit Room

G: Gymnasium

*Rooms and Schedule is subject to change

The Center will be closed 8/2-8/7

*Please arrive to your class before the start time, no one is allowed to enter a class 10 minutes after it's start time

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

August 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

Fall Youth Soccer

Must register by Aug. 24th
Registration opens July 26

Youth Center

Youth Jazz & Hip-Hop Dance Class*

5-16 years old

Thursdays 6:30pm-7:30pm

Beyond The Classroom After School*

Pick-up from AME

Dismissal-6pm

For more info contact youthprograms@centerami.org

The Center will be closed 8/2-8/7

For maintenance, cleaning & training
The workout room **will** be open 7-11am 8/2-8/4
We are sorry for any inconvenience!



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!

End of Summer HIIT Class

Mondays, Tuesdays, Thursdays

July 19th-August 26th

CrossFit Room

4pm-5pm Fee based

Interested in Personal Training?

Island Fitness is here to help.

email: islandfitness@hotmail.com

See other side for daily schedule of
Fitness Classes

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

We recommend that for fitness classes
you bring your own mat and weights.