

October 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 (PA) 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	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
10:30am-1pm Pickleball	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (CF) Group Indoor Cycle*	9:15am-10:15am (PA) Rollassage* Starts 10/21	9am-10am (PA) Tai Chi	10:30am-1pm Pickleball
10:15am-11:15am (PA) Cardio FUNction	10:30am-1pm Pickleball	9am-10am (G) Island Flow Yoga	10:30am-1pm Tennis: Legends	10:30am-1pm Pickleball	1pm-3pm Open Tennis
10:30am-8pm Open Tennis	10:30am-1pm Tennis: Legends	10:30am-1pm Pickleball	10:30am-1pm Pickleball	10:30am-7pm Open Tennis	1pm-3pm Open Gymnasium
1pm-3pm Open Gymnasium	1pm-3pm Open Gym	10:15am-11:15am (PA) Cardio FUNction	1pm-3pm Open Gym	1pm-3pm Open Gymnasium <i>No open gym on 10/8</i>	
	1pm-8pm Open Tennis	10:30am-8pm Open Tennis	1pm-8pm Open Tennis	6pm-7pm Open Gymnasium	
	6pm-8pm Open Volleyball	1pm-3pm Open Gymnasium	6pm-8pm Open Gymnasium		
		6pm-8pm Open Gymnasium			

Fitness Class Room

PA: Performing Arts Room

CF: Cross Fit Room

G: Gymnasium

**Rooms and Schedule is subject to change*

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

***Must Pre-register**

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

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Events

Beach Clean-Up

10/2 9am-11am- will reoccur monthly
Meet at The Center
Contact customerservice@centerami.org for more info

Tommy T Fundraiser

10/17/2021

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

Adult Soccer

Games Start 10/7/21
Thursdays 6pm
contact connor@centerami.org for more information

Youth Flag Football Registration

10/22/-12/07
Contact connor@centerami.org

Teen HIIT & Strength Class

10/18-11/18 5:15pm-6pm
Mondays & Thursdays
Drop-in rates available

Youth Center

GameOn

Must pre-register before 1st session
Oct. 20th-Dec. 15th, Wednesdays
Group 1: Ages 7-9: 4pm-4:55pm
Group 2: Ages 10-12: 5pm-5:55pm

Teen Babysitting Class

November 6th 9am-3pm
Ages 12-17
Members: \$85/Non-members: \$100
Must register by 11/01

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

Pumkin Palooza Day Camp Oct.8

K-5th grade 8am-6pm
Cost: \$45 non-members/\$40 members
Registration deadline 9/30/21



407 Magnolia Ave
(941)778-1908

info@centerami.org

www.centerami.org

See other side for daily class schedule
Classes & programs may change

Fitness Center



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

Indoor Cycle*

Reserve your spot at the front desk!

HIIT Class

Mondays, Tuesdays, Thursdays
Ongoing
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.