

# November at



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am <b>Round Robin Tennis</b>	7am-7:45am (PA) <b>Active Isolated Stretching</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am Courts #1 & #2 <b>Round Robin Tennis</b>	9:00am-10am (G) <b>Iron Yoga</b>
7:45am-8:45am (G) <b>Muscle Works</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:45am-8:45am (G) <b>Cardio, Core, &amp; More</b>	8am-9am (G) <b>Gutts &amp; Butts</b>	7:45am-8:45am (G) <b>Balance, Core, and Stretch</b>	9:00am-10:30am Courts 1-3 <b>Round Robin Tennis</b>
9am-10am (PA) <b>Restorative Yoga</b>	8am-9am (G) <b>Total Body Conditioning</b>	9am-10am (PA) <b>Tai Chi</b>	9:15am-10:15am (G) <b>Pilates/Yoga Mix</b>	9am-10am <b>Group Indoor Cycle*</b>	10:30am-1pm <b>Tennis: Legends</b>
10:30am-1pm <b>Pickleball</b>	9:15am-10:15am (G) <b>Pilates/Yoga Mix</b>	9am-10am (CF) <b>Group Indoor Cycle*</b>	9:15am-10:15am (PA) <b>Rollassage*</b>	9am-10am <b>Tai Chi</b>	10:30am-1pm <b>Pickleball</b>
10:15am-11:15am (PA) Cardio FUNction	10:30am-1pm <b>Pickleball</b>	9am-10am (G) <b>Island Flow Yoga</b>	10:30am-1pm <b>Tennis: Legends</b>	10:30am-1pm <b>Pickleball</b>	1pm-3pm <b>Open Tennis</b>
10:30am-8pm <b>Open Tennis</b>	10:30am-1pm <b>Tennis: Legends</b>	10:30am-1pm <b>Pickleball</b>	10:30am-1pm <b>Pickleball</b>	10:30am-7pm <b>Open Tennis</b>	1pm-3pm <b>Open Gymnasium</b>
1pm-3pm <b>Open Gymnasium</b>	1pm-3pm <b>Open Gym</b>	10:15am-11:15am (PA) Cardio FUNction	1pm-3pm <b>Open Gym</b>	1pm-3pm <b>Open Gymnasium</b>	
	1pm-8pm <b>Open Tennis</b>	10:30am-8pm <b>Open Tennis</b>	1pm-8pm <b>Open Tennis</b>	6pm-7pm <b>Open Gymnasium</b>	
	6pm-8pm <b>Open Gym</b>	1pm-3pm <b>Open Gymnasium</b>	6pm-8pm <b>Open Gymnasium</b>		
		6pm-8pm <b>Open Gymnasium</b>			

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

# November at The Center

## Events

### Beach Clean-Up

11/6 9am-11am- will reoccur monthly  
Meet at The Center  
For more info: [customerservice@centerami.org](mailto:customerservice@centerami.org)

**The Center will be closed**  
**Thursday, Nov. 25**  
**- Saturday, Nov. 27**  
**Happy Thanksgiving!**

**Lester Family Fun Day**  
**Saturday, Dec. 4th**

## Sports Center

### Mixed Doubles & Mixers

December 1st, 8th, & 15th 6pm-7:30pm  
BYOB & 21+ with Cody Wright  
For more info contact Chris at [chris@centerami.org](mailto:chris@centerami.org)

### Tennis Lessons\*

With the Tennis Pro EJ. For more info:  
contact EJ at 941.725.9273

### Adult Flag Football#

Registration starts 11/04 ends 12/09

### Youth Flag Football Registration#

Register by Dec. 6th. Evals Dec. 7th  
Contact [connor@centerami.org](mailto:connor@centerami.org) for more info

### Youth Foundations in Fitness#

11/04-11/22 5:15pm-6pm  
Mondays & Thursdays Ages 8-17  
Drop-in rates available

## Youth Center

### Teen Babysitting Class

Novemeber 6th 9am-3pm  
Ages 11-17  
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](mailto:youthprograms@centerami.org)

### Veteran's Day Camp Nov. 11th

K-5th grade 8am-6pm  
Cost: \$45 non-members/\$40 members  
Registration deadline 11/04/21

### Fall Break Camp 11/22-11/24

K-5th grade 8am-6pm  
\$40/day or \$90 for 3 days  
for more info: [youthprograms@centerami.org](mailto:youthprograms@centerami.org)  
Registration deadline 11/18/21



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

## Center Hours:

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Friday 7am-7pm

Saturday 8am-3pm

## Fitness Center



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

### Indoor Cycle\*

Reserve your spot at the front desk!

### HIIT Class #

Mondays, Tuesdays, Thursdays  
11:30am-12:30pm with Brenda

### Fitness & Recovery Class #

Mondays, Tuesdays, Thursdays  
4pm-5pm with Monica

### 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

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