

# December 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 Round Robin Tennis	8:00am-10:30am Round Robin Tennis
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 (PA) Vinyasa Yoga	9:00am-10am (G) Iron Yoga
9am-10am (G) Restorative Yoga	7:45am-8:45am (PA) Vinyasa Yoga	7:45am-8:45am (PA) Island Flow Yoga	9:15am-10:15am (G) Pilates/Yoga Mix	7:45am-8:45am (G) Balance, Core, and Stretch	10:30am-1pm Tennis: Legends
10:15am-11:15am (G) Cardio FUNction	8am-9am (G) Total Body Conditioning	9am-10am (G) Tai Chi	9:15am-10:15am (PA) Rollassage*	9am-10am (PA) Group Indoor Cycle*	10:30am-12pm Pickleball Intermediate & up
10:30am-8pm Open Tennis	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (PA) Group Indoor Cycle* <i>No Class 12/22</i>	10:30am-1pm Tennis: Legends	9am-10am (G) Tai Chi	12pm -1pm Pickleball Beginners & helpers
11:30am-1pm Pickleball Intermediate & up	10:30am-1pm Tennis: Legends	10:15am-11:15am (G) Cardio FUNction	10:30am-12:30pm Pickleball Intermediate & up	10:30am-12:30pm Pickleball Intermediate & up	1pm-3pm Open Tennis
1pm -2pm Pickleball Beginners & helpers	10:30am-12:30pm Pickleball Intermediate & up	10:30am-8pm Open Tennis	12:30pm -1:30pm Pickleball Beginners & helpers	10:30am-7pm Open Tennis	1pm-3pm Open Gymnasium <i>No open gym Dec. 4th</i>
2pm-3:30pm Open Gymnasium	12:30pm -1:30pm Pickleball Beginners & helpers	11:30am-1pm Pickleball Intermediate & up	1:30pm-3:30pm Open Gymnasium	12:30pm -1:30pm Pickleball Beginners & helpers	
6pm-8pm Open Gym <i>No gym before 12pm on Dec. 13th</i>	1:30pm-3:30pm Open Gym	1pm -2pm Pickleball Beginners & helpers	1pm-8pm Open Tennis	1:30pm-3:30pm Open Gymnasium	
	1pm-8pm Open Tennis	2pm-3:30pm Open Gymnasium	6pm-8pm Open Gymnasium <i>No open gym after 3:30pm on Dec. 2nd</i>	6pm-7pm Open Gymnasium <i>No open gym Dec. 3rd</i>	
	6pm-8pm Open Gym	6pm-8pm Open Gymnasium			

(G)= Gym (PA)= Performing Arts

\*Must pre-register for Group Indoor Cycle and Rollassage at the front desk or on the MemberMe+ App.

There will be no afternoon open gym or beginners pickleball: Dec. 22-23, Dec. 27-30, or Jan. 3-5

\*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

# December at The Center

## Youth Center

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

5-16 years old  
Thursdays 6pm-7pm

### Beyond The Classroom After School\*

Pick-up from AME  
Dismissal-6pm  
For more info contact  
youthprograms@centerami.org

### Winter Break Camp: Starts Dec. 22

K-5th grade 8am-6pm  
for more info: youthprograms@centerami.org

## 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

### 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 for more info

## Culture

### Paper Crafting\*

Dec 8th & 15th  
2:30pm- 4pm

11.18.21

## Events

The Center will be closed  
Dec. 24 & 25  
Dec. 31st & Jan. 1st

Lester Family Fun Day  
Saturday, Dec. 4th  
10:30am-2pm

The Wailers Concert  
Saturday, Dec. 11th  
Doors open at 6pm

## Monthly Beach Clean-Up

12/4/21 9am-11am  
1/8/2022 9am-11am  
Meet at The Center  
For more info: customerservice@centerami.org

Lou Gramm Concert  
Jan. 22nd  
Doors open at 6pm

Murder Mystery  
Friday, Feb. 18th or  
Saturday, Feb. 19th



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

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Saturday 8am-3pm

## Fitness Center



Our Fitness Area is  
open when we are!

### HIIT Class #

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

### Fitness & Recovery Class #

Mondays, Tuesdays, Thursdays  
Class runs until 12/16  
4pm-5pm with Monica

### Youth Foundations in Fitness#

11/29-12/16 5:15pm-6pm  
Mondays & Thursdays Ages 8-17  
Drop-in rates available

### 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

\*Must pre-register

#Additoanl Fees required