

January 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 (G) Balance, Core, and Stretch	8:30am-9:30am (PA) Vinyasa Yoga
9am-10am (G) Restorative Yoga	8am-9am (G) Total Body Conditioning	7:45am-8:45am (PA) Island Flow Yoga	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (Outside) CardioBarre	9:00am-10am (G) Iron Yoga
9am-10am (PA) Cycle Sculpt*	9am-10am (Outside) CardioBarre	9am-10am (G) Tai Chi	9:15am-10:15am (PA) IRestore*	9am-10am (PA) Group Indoor Cycle*	9:30am-10:30am (CF) BoxFit
9:30am-10:30am (CF) Box-Fit	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (PA) Group Indoor Cycle*	9:30am-10am (CF) Kickboxing/Muay Thai	9am-10am (G) Tai Chi	10:30am-1pm Tennis: Legends
10:15am-11:15am (G) Cardio FUNction	10:30am-1pm Tennis: Legends	10:15am-11:15am (G) Cardio FUNction	10:30am-1pm Tennis: Legends	10:15am-11:15am (G) Cardio Zone	10:30am-12pm Pickleball Intermediate & up
10:15am-11:15am (PA) IRestore*	10:30am-12:30pm Pickleball Intermediate & up	10:30am-8pm Open Tennis	10:30am-12:30pm Pickleball Intermediate & up	10:30am-7pm Open Tennis	12pm -1pm Pickleball Beginners
10:30am-8pm Open Tennis	12:30pm -1:30pm Pickleball Beginners	11:30am-1pm Pickleball Intermediate & up	12:30pm -1:30pm Pickleball Beginners	11:30am-1pm Pickleball Intermediate & up	1pm-3pm Open Tennis
11:30am-1pm Pickleball Intermediate & up	1pm-8pm Open Tennis	1pm -2pm Pickleball Beginners	1pm-8pm Open Tennis	1pm -2pm Pickleball Beginners	1pm-3pm Open Gymnasium
1pm -2pm Pickleball Beginners	2pm-3:30pm Open Gymnasium	2pm-3:30pm Open Gymnasium	2pm-3:30pm Open Gymnasium	2pm-3:30pm Open Gymnasium	
2-3:30pm Open Gymnasium	6pm-8pm Open Gymnasium <i>No Open Gym Jan 18th</i>	Gymnasium closed 19th No Classes, pickleball, or open gym	6pm-8pm Open Gymnasium	6pm-7pm Open Gymnasium <i>No Open Gym 6-8pm Jan 14th</i>	

(G)= Gym
(PA)= Performing Arts

*Outdoor Classes-
weather permitting*

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

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

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

January 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

MLK Day Camp Jan. 17th*

K-5th grade 8am-6pm
Cost: \$45 non members/ \$40 members

Sports Center

Tennis Lessons*

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

Culture

Line Dance with Bob and Bonnie

Tuesdays starting Jan 11th, 10:30am- noon
Cost: \$10 non members/ free members

Learn to play the Ukulele

Wednesdays starting Jan 12th, 6pm-8pm
Cost: \$60 non members/ \$50 members
includes instrument
Cost: \$35 non members/ \$25 members
without ukulele

Babysitting Class

Saturday, Jan 15th
9am-3pm, ages 11 to 17
Cost: \$100 non members/ \$85 members

12.28.21

Events

BINGO
1/14, 2/11, 3/11, & 4/8
6pm- 8pm

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

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

Don Felder Concert
Feb. 20th
Doors open at 6pm

Monthly Beach Clean-Up

1/8/2022 9am-11am
2/5/2021 9am-11am
Meet at The Center

For more info: customerservice@centerami.org

Gymnasium closed 19th
No Classes, pickleball, or open gym



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!**

HIIT Class

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

Fitness & Recovery Class

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

Youth Foundations in Fitness#

Mondays & Thursdays Ages 8-17
5:15pm-6pm with Monica

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

*Must pre-register

#Additional Fees required