

March at



Center 1
Monday-Thurs
Friday 7a
Saturday 8

Monday	Tuesday	Wednesday	Thursday	Friday
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
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, & Stretch
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
9am-10am (PA) Cycle Scupt*	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (Outside) CardioBarre	9:15am-10:15am (PA) IRestore*	9am-10am (PA) Group Indoor Cycle* No class on 03/11
10:15am-11:15am (G) Cardio FUNction	10:30am-1pm Tennis: Legends	9am-10am (G) Tai Chi	10:30am-1pm Tennis: Legends	9am-10am (G) Tai Chi
10:15am-11:15am (PA) IRestore*	10:30am-12:30pm Pickleball (G) Intermediate & up	9am-10am (PA) Group Indoor Cycle* No class on 03/09	10:30am-12:30pm Pickleball (G) Intermediate & up	10:15am-11:15am CardioZone
10:30am-8pm Open Outdoor Courts	12:30pm -1:30pm Pickleball (G) Beginners **	10:15am-11:15am (G) Cardio FUNction	12:30pm -1:30pm Pickleball (G) Beginners **	10:30am-7pm Open Outdoor Courts
11:30am-1pm Pickleball (G) Intermediate & up	1pm-8pm Open Outdoor Courts	10:30am-8pm Open Outdoor Courts	1pm-8pm Open Outdoor Courts	11:30am-1pm Pickleball (G) Intermediate & up
1pm -2pm Pickleball (G) Beginners **	2pm-3:30pm & 6-8pm Open Gymnasium	11:30am-1pm Pickleball (G) Intermediate & up	2pm-3:30pm Open Gymnasium	1pm -2pm Pickleball (G) Beginners **
2-3:30pm & 6-8pm Open Gymnasium	No open gym 03/22	1pm -2pm Pickleball (G) Beginners **		2pm-3:30pm & 6-7pm Open Gymnasium
		2pm-3:30pm & 6-8pm Open Gymnasium		No open gym 03/18

Gymnasium closed 03/23, Classes will be outside 03/23

**Above pickleball times do NOT include lessons or coaching. See front desk for more information.

*Must pre-register for Group Indoor Cycle, Cycle Scupt 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

Hours:

day 7am-8pm

11am-7pm

1:30am-3pm

March at The Center

Saturday

8:00am-10:30am

Round Robin Tennis

8:30am-9:30am (PA)

Vinyasa Yoga

8:30am-9:30am (Outside)

Box Fit

9:00am-10am (G)

Iron Yoga

10:30am-1pm

Tennis: Legends

10:30am-12pm

**Pickleball (G)
Intermediate & up**

12:30pm -1:00pm

**Pickleball (G)
Beginners ****

1pm-3pm

Open Outdoor Courts

1pm-3pm

Open Gymnasium

Gymnasium closed 03/19

Gym classes will be outside 03/19

*Outdoor Classes are
weather permitting*

(G)= Gym

(PA)= Performing Arts

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

TRS 7:30am-10:30am

Youth Center**Beyond The Classroom After School***

Pick-up from AME, Dismissal to 6pm

Spring Break Camp: Under the Sea *

K-5th grade

March 11th & March 14th-18th, 8:00am-6:00pm

Youth Art Workshops **

Grades 3rd-5th: March 3rd, 9:00am-3:00pm

Grades K-2nd: March 12th 9:00am-3:00pm

Babysitting Class **

Ages 11-17, See Front Desk for Sign Up

Saturday, March 12th 9:00am-3:00pm

Tots Tumbling #

Ages 2.5-4, Thursday's 3:30pm-4:15pm

Youth Tumbling #

Grade K-5, Thursday's 4:30pm-5:15pm

Youth Hip Hop Dance Class

Ages 5-9 years, Tuesday's 5:30pm-6:30pm

Ages 10 & Up Thursday's 6:00pm- 7:00pm

Culture Classes*See front desk for more information***Line Dancing with Bob and Bonnie #**

Tuesday's 10:30am-Noon (12pm)

Paper Crafting #

March 2nd & 16th, 2:30-4:00pm

Learn to play the Ukulele #

March 30th, 6:00pm-8:00pm

*Must pre-register

Events**BINGO**

3/11, & 4/8

6pm- 8pm

Senior Adventures**03/10/22 Strawberry Festival**

9am-2pm

Wine Tasting**March 19th, 4:30**

purchase through iTickets

Richard Marx**March 23rd, Doors open 6pm**

purchase through iTickets

Monthly Beach Clean-Up

3/5/2021 9am-11am

Meet at The Center

For more info: customerservice@centerami.org

Sports Center**Tennis Lessons***

With the Tennis Pro EJ. For more info:

contact EJ at 941.725.9273



407 Magnolia Ave

(941)778-1908info@centerami.orgwww.centerami.org

See other side for daily class schedule

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

30-Minute Morning Grind #

Monday, Tuesday's, Wednesday's
8:00-8:30am, AND 8:30-9:00am

Fitness & Recovery Class #

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

Youth Foundations in Fitness#

Mondays & Thursdays Ages 8-17
5:15pm-6:00 pm with Monica

Cycling for Parkinsons

Starting March 1st, Tuesday's
1:00pm - 2:00pm

Interested in Personal Training?

Island Fitness is here to help.
email: islandfitness@hotmail.com

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

