

Apri

Monday

7:30am-10:30am

Round Robin Tennis

7:45am-8:45am (G)

Muscle Works

9am-10am (G)

Restorative Yoga

9am-10am (PA)

Group Indoor Cycle*

10:15am-11:15am (G)

Cardio FUNction

10:15am-11:15am (PA)

iRestore*

10:30am-8pm

Open Outdoor Courts

11:30am-1pm (G)

Pickleball

Intermediate & up

1pm -2pm (G)

Pickleball

Beginners **

2-3:30pm & 6-8pm

Open Gymnasium

No Open Gym 04/07

****Above pickleball times do**

***Must pre-register for Gr**

Please arrive to your cl

Lat

Tuesday

7am-7:45am (G)

Active Isolated Stretching

7:30am-10:30am

Round Robin Tennis

8am-9am (G)

Total Body Conditioning

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

Vinyasa Yoga

9:15am-10:15am (G)

Pilates/Yoga Mix

10:30am-1pm
Tennis: Legends

10:30am-12:30pm (G)
Pickleball
Intermediate & up

12:30pm -1:30pm (G)
Pickleball
Beginners **

1pm-8pm

Open Outdoor Courts

2pm-3:30pm & 6-8pm

Open Gymnasium

Do NOT include lessons or coa
group Indoor Cycle, Cycle Sc
ass before the start time,



Wednesday

7:30am-10:30am

Round Robin Tennis

7:45am-8:45am (G)

Cardio, Core, & More

7:45am-8:45am (PA)

Island Flow Yoga

9am-10am (G)

Tai Chi

9am-10am (PA)

Group Indoor Cycle*

No class on 04/27

10:15am-11:15am (G)

Cardio FUNction

10:30am-8pm

Open Outdoor Courts

11:30am-1pm (G)

Pickleball

Intermediate & up

1pm -2pm (G)

Pickleball

Beginners **

2pm-3:30pm & 6-8pm

Open Gymnasium

*aching. See front desk for more
duplt and IRestore at the front*
no one is allowed to enter



Thursday

7:30am-10:30am

Round Robin Tennis

8am-9am (G)

Gutts & Butts

9:15am-10:15am (G)

Pilates/Yoga Mix

9:15am-10:15am (PA)

iRestore*

10:30am-1pm

Tennis: Legends

10:30am-12:30pm (G)

Pickleball

Intermediate & up

12:30pm -1:30pm (G)

Pickleball

Beginners **

1pm-8pm

Open Outdoor Courts

2pm-3:30pm

Open Gymnasium

information.

t desk or on the MemberMe

a class 10 minutes after i

Center 1

Monday-Thursday

Friday 7a

Saturday 8

Friday

7:30am-10:30am

Round Robin Tennis

7:45am-8:45am (G)

Balance, Core, & Stretch

7:45am-8:45am (PA)

Vinyasa Yoga

9am-10am (PA)

Group Indoor Cycle*

No class on 04/29

9am-10am (G)

Tai Chi

10:30am-7pm

Open Outdoor Courts

11:30am-1pm (G)

Pickleball

Intermediate & up

1pm -2pm (G)

Pickleball

Beginners **

2pm-3:30pm & 6-7pm

Open Gymnasium

No open gym 04/01

+ *App.*

it's start time

Hours:

day 7am-8pm

am-7pm

3am-3pm

Saturday

8:00am-10:30am

Round Robin Tennis

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

Vinyasa Yoga



9:00am-10am (G)

Iron Yoga

10:30am-1pm

Tennis: Legends

10:30am-12pm (G)

Pickleball

Intermediate & up



12:30pm -1:00pm (G)

Pickleball

Beginners **

1pm-3pm

Open Outdoor Courts

1pm-3pm

Open Gymnasium



Gymnasium closed 04/02

Classes held outside 04/02

No open gym 04/02

(G)= Gym

(PA)= Performing Arts

*Outdoor Classes are
weather permitting*



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



April at The

Youth Center

Grade K-5th Tutoring # *

Mondays, Tuesdays, & Wednesdays

4:30pm-7:00pm

Tots Tumbling #

Ages 2.5-4, Thursdays 3:30pm-4:15pm

Youth Tumbling #

Grade K-5, Thursdays 4:30pm-5:15pm

Youth Hip Hop Dance Class #

Ages 5-9 years, Tuesdays 5:30pm-6:30pm

Ages 10 & Up Thursdays 6:00pm-7:00pm

Culture Classes

See front desk for more information

iPhone Photography Workshop # *

Saturday April 9th, 9:00am-10:30am

S.M.A.R.T. Options Session

(Senior Medication Awareness Retrieval Treatment)

April 12th, 11:00am-12:30pm

Learn to play the Ukulele # *

April 20th, 6:00pm-8:00pm

Sip 'n Paint Class (Age 21+) # *

April 13th 6:30pm-8:00pm

April 27th 6:30pm-8:00pm

**Must pre-register 1 week in advance*

Lifelong Learning: Zoom Lecture

The Holocaust Through the Eyes of a Survivor

April 19th 1:00pm-2:30pm

♣ **Must pre-register**

#Additional Fees required, 03.16.22

e Cen



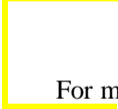


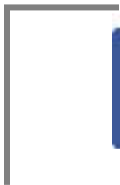
April 7th

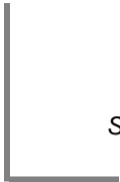


April









nter

Events

BINGO
April 8th
6pm- 8pm

Senior Adventures * #
h Mixon Fruit Farm Tram Tour
April 28th Blueberry Fest
Meet at the Center at 9am

Felix Cavaliere Concert #
il 2nd 7:00pm, Doors Open 6pm
purchase through iTickets

Crawfish Bowl #

April 23rd 5pm-8pm

Monthly Beach Clean-Up

Saturday April 2nd, 2022

Meet at The Center

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)778-1908

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



ANNA MARIA

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

HIIT Class #

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

30-Minute Morning Grind #

Mondays, Tuesdays, Wednesdays

8:00-8:30am, AND 8:30-9:00am

Fitness & Recovery Class #

Mondays, Tuesdays, Thursdays

4:00pm-5:00pm with Monica

Youth Foundations in Fitness# Ages 8-17

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

Cycling for Parkinsons

Tuesdays
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**

