

April 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, & 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	7:45am-8:45am (PA) Vinyasa Yoga	9:00am-10am (G) Iron Yoga
9am-10am (PA) Group Indoor Cycle*	8:30am-9:30am (PA) Vinyasa Yoga	9am-10am (G) Tai Chi	9:15am-10:15am (PA) iRestore*	9am-10am (PA) Group Indoor Cycle* No class on 04/29	10:30am-1pm Tennis: Legends
10:15am-11:15am (G) Cardio FUNction	9:15am-10:15am (G) Pilates/Yoga Mix	9am-10am (PA) Group Indoor Cycle* No class on 04/27	10:30am-1pm Tennis: Legends	9am-10am (G) Tai Chi	10:30am-12pm (G) Pickleball Intermediate & up
10:15am-11:15am (PA) iRestore*	10:30am-1pm Tennis: Legends	10:15am-11:15am (G) Cardio FUNction	10:30am-12:30pm (G) Pickleball Intermediate & up	10:30am-7pm Open Outdoor Courts	12:30pm -1:00pm (G) Pickleball Beginners **
10:30am-8pm Open Outdoor Courts	10:30am-12:30pm (G) Pickleball Intermediate & up	10:30am-8pm Open Outdoor Courts	12:30pm -1:30pm (G) Pickleball Beginners **	10:30am-12:30pm (G) Pickleball Intermediate & up	1pm-3pm Open Outdoor Courts
11:30am-1pm (G) Pickleball Intermediate & up	12:30pm -1:30pm (G) Pickleball Beginners **	11:30am-1pm (G) Pickleball Intermediate & up	1pm-8pm Open Outdoor Courts	12:30pm -1:30pm (G) Pickleball Beginners **	1pm-3pm Open Gymnasium Gymnasium closed 04/02 Classes held outside 04/02 No open gym 04/02
1pm -2pm (G) Pickleball Beginners **	1pm-8pm Open Outdoor Courts	1pm -2pm (G) Pickleball Beginners **	2pm-3:30pm & 6-8pm Open Gymnasium No open gym 04/07	2pm-3:30pm & 6-7pm Open Gymnasium No open gym 04/01 No open gym 04/08	
2-3:30pm & 6-8pm Open Gymnasium No Open Gym 04/07	2pm-3:30pm & 6-8pm Open Gymnasium	2pm-3:30pm & 6-8pm Open Gymnasium			

(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

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

***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

April at The Center

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

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

03.31.22

Events

BINGO
April 8th
6pm- 8pm

Senior Adventures * #
April 7th Mixon Fruit Farm Tram Tour
April 28th Blueberry Fest
Meet at the Center at 9am

Felix Cavaliere Concert #
April 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
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)778-1908

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

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**