

March 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	9am-10am (Outside) CardioBarre	8:30am-9:30am (Outside) Box Fit
9am-10am (PA) Cycle Sculpt*	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	9:00am-10am (G) Iron Yoga
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	10:30am-1pm Tennis: Legends
10:15am-11:15am (PA) IRestore*	10:30am-12:30pm (G) Pickleball Intermediate & up	9am-10am (PA) Group Indoor Cycle* No class on 03/09	10:30am-12:30pm (G) Pickleball Intermediate & up	10:15am-11:15am (G) CardioZone	10:30am-12pm (G) Pickleball Intermediate & up
10:30am-8pm Open Outdoor Courts	12:30pm -1:30pm (G) Pickleball Beginners **	10:15am-11:15am (G) Cardio FUNCTION	12:30pm -1:30pm (G) Pickleball Beginners **	10:30am-7pm Open Outdoor Courts	12:30pm -1:00pm (G) Pickleball Beginners **
11:30am-1pm (G) Pickleball Intermediate & up	1pm-8pm Open Outdoor Courts	10:30am-8pm Open Outdoor Courts	1pm-8pm Open Outdoor Courts	11:30am-1pm (G) Pickleball Intermediate & up	1pm-3pm Open Outdoor Courts
1pm -2pm (G) Pickleball Beginners **	2pm-3:30pm & 6-8pm Open Gymnasium	11:30am-1pm (G) Pickleball Intermediate & up	2pm-3:30pm Open Gymnasium	1pm -2pm (G) Pickleball Beginners **	1pm-3pm Open Gymnasium
2-3:30pm & 6-8pm Open Gymnasium	No open gym 03/22	1pm -2pm (G) Pickleball Beginners **		2pm-3:30pm & 6-7pm Open Gymnasium	Gymnasium closed 03/19
		2pm-3:30pm & 6-8pm Open Gymnasium		No open gym 03/18	Gym classes will be outside 03/19

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 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

(G)= Gym
(PA)= Performing Arts

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

March at The Center

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

#Additional Fees required, 02.28.22

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)778-1908

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

Monday, Tuesdays, 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**