

# March at



Center 1  
Monday-Thurs  
Friday 7a  
Saturday 8

Monday	Tuesday	Wednesday	Thursday	Friday
7:30am-10:30am <b>Round Robin Tennis</b>	7am-7:45am (G) Active Isolated Stretching	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>	7:30am-10:30am <b>Round Robin Tennis</b>
7:45am-8:45am (G) Muscle Works	7:30am-10:30am <b>Round Robin Tennis</b>	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 <b>Tennis: Legends</b>	9am-10am (G) Tai Chi	10:30am-1pm <b>Tennis: Legends</b>	9am-10am (G) Tai Chi
10:15am-11:15am (PA) IRestore*	10:30am-12:30pm (G) <b>Pickleball Intermediate &amp; up</b>	9am-10am (PA) Group Indoor Cycle* No class on 03/09	10:30am-12:30pm (G) <b>Pickleball Intermediate &amp; up</b>	10:15am-11:15am (G) CardioZone
10:30am-8pm <b>Open Outdoor Courts</b>	12:30pm -1:30pm (G) <b>Pickleball Beginners **</b>	10:15am-11:15am (G) Cardio FUNction	12:30pm -1:30pm (G) <b>Pickleball Beginners **</b>	10:30am-7pm <b>Open Outdoor Courts</b>
11:30am-1pm (G) <b>Pickleball Intermediate &amp; up</b>	1pm-8pm <b>Open Outdoor Courts</b>	10:30am-8pm <b>Open Outdoor Courts</b>	1pm-8pm <b>Open Outdoor Courts</b>	11:30am-1pm (G) <b>Pickleball Intermediate &amp; up</b>
1pm -2pm (G) <b>Pickleball Beginners **</b>	2pm-3:30pm & 6-8pm <b>Open Gymnasium</b>	11:30am-1pm (G) <b>Pickleball Intermediate &amp; up</b>	2pm-3:30pm <b>Open Gymnasium</b>	1pm -2pm (G) <b>Pickleball Beginners **</b>
2-3:30pm & 6-8pm <b>Open Gymnasium</b>	No open gym 03/22	1pm -2pm (G) <b>Pickleball Beginners **</b>		2pm-3:30pm & 6-7pm <b>Open Gymnasium</b>
		2pm-3:30pm & 6-8pm <b>Open Gymnasium</b>		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

**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 (G)

**Pickleball  
Intermediate & up**

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

**Pickleball  
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 #3**Reserved for Private  
Lessons MWF 7:30am-8pm

TRS 7:30am-10:30am

# 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 &amp; 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 &amp; 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 &amp; 16th, 2:30-4:00pm

**Learn to play the Ukulele #**

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

\*Must pre-register

**Events****BINGO**

3/11, &amp; 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](mailto:info@centerami.org)[www.centerami.org](http://www.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](mailto:islandfitness@hotmail.com)

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

