

**SEPTEMBER**  
**2022**  
8/17/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 10:30 a.m. Round Robin Tennis	7:30-10:30 a.m. Round Robin Tennis	7:30-10:30 a.m. Round Robin Tennis	7:30-10:30 a.m. Round Robin Tennis	7:30-10:30 a.m. Round Robin Tennis	8-10:30 a.m. Round Robin Tennis
7:45 - 8:45 a.m. (G) Muscle Works	7-7:45 a.m. (G) Active Isolated Stretching	7:45-8:45 a.m. (G) Cardio, Core & More	7:30-10:30 a.m. Round Robin Tennis	7:45-8:45 a.m. (G) Balance, Core, & Stretch	8-10:30 a.m. Round Robin Tennis
9-10 a.m. (PA) Restorative Yoga	8-9 a.m. (G) Total Body Conditioning	9-10 a.m. (G) Tai Chi	8-9 a.m. (G) Gutts & Butts	9-10 a.m. (G) Tai Chi	9-10 a.m. (G) Iron Yoga
9-10 a.m. (PA) Restorative Yoga	9:15-10:15 am (G) Pilates/Yoga Mix	9-10 a.m. (PA) Group Indoor Cycle (No class on Sept. 7)	9:15-10:15 am (G) Pilates/Yoga Mix	9-10 a.m. (PA) Group Indoor Cycle	9-10 a.m. (G) Iron Yoga
10:15-11:15 a.m. (PA) Cardio FUNction	10:30 a.m. - 1 p.m. Tennis: Legends	10:15-11:15 a.m. (PA) Cardio FUNction	10:30 a.m. - 1 p.m. Tennis: Legends	9-10 a.m. (PA) Group Indoor Cycle	10:30 a.m.-1 p.m. Tennis: Legends
10:30 a.m. - 1 p.m. (G) Pickleball	10:30 a.m. - 1 p.m. (G) Pickleball	10:30 a.m. - 1 p.m. (G) Pickleball	10:30 a.m. - 1 p.m. (G) Pickleball	10:30 a.m. - 1 p.m. (G) Pickleball	10:30 a.m. - 1 p.m. (G) Pickleball
Open Outdoor Courts 10:30 a.m.-8 p.m.	Open Outdoor Courts 1-8 p.m.	Open Outdoor Courts 10:30 a.m. - 8 p.m.	Open Outdoor Courts 1-8 p.m.	Open Outdoor Courts 10:30 a.m. - 7 p.m.	Open Outdoor Courts 1-3 p.m.
1-3 p.m. Open Gymnasium	1-3 p.m. Open Gymnasium	1-3 p.m. Open Gymnasium	1-3 p.m. Open Gymnasium	1-3 p.m. Open Gymnasium	1-3 p.m. Open Gymnasium
6-8 p.m. Open Gymnasium	6-8 p.m. Open Gymnasium	6-8 p.m. Open Gymnasium	6-8 p.m. Open Gymnasium	6-7 p.m. Open Gymnasium	Center Closed

**Center Hours:**

**M-TH**  
7 a.m. - 8 p.m.  
**Friday**  
7 a.m. - 7 p.m.  
**Saturday**  
8 a.m. - 3 p.m.

**Tennis Court #3**  
reserved for private lessons MWF 7:30-8 p.m.  
TRS 7:30-10:30 a.m.  
TRS 1 p.m. - close

(G) - Gym  
(PA) - Performing Arts  
(CF) - Crossfit  
\*- Must Pre-register  
# - Additional Fee

\*Must pre-register for Group Indoor Cycle 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 its start time.

**Important Announcements:**

\*\* The Center will close on Monday, September 5 for Labor Day. We will reopen on Tuesday, September 6 at 7 a.m.



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407 Magnolia Ave

(941) 778-1908

info@centerami.org

www.centerami.org

See other side for  
daily class schedules.  
Classes & programs  
may change.

\*Must Pre-Register  
#Additional Fees Required



Sports Center

Adult Fall Soccer

September 15-November 17  
Thursdays from 6-9 p.m.  
Last Day to Register: September 7  
Draft Day: Thursday, Sept. 8 at 6  
p.m.

Tennis Lessons\*

With the Tennis Pro EJ. For more  
info: Contact EJ @ (941) 725-9273

Fitness Center

30-Minute Body Blast #

Mondays, Tuesdays, Wednesdays  
8:00-8:30 a.m. AND 8:30-9 a.m.  
Mondays, Tuesdays, Thursdays  
4:30-5 p.m. with Monica  
CANCELLATION: No class Aug. 1

Interested in Personal  
Training?

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

Culture Classes

SMART Family & Friends  
Recovery Support

Wednesday, September 7  
Monday, September 19  
6-7:30 p.m.

Parkinson's Education Forum

Monday, September 19  
10:30 - 11:30

Infant/Child CPR for Parents  
and Grandparents

Wednesday, September 21  
6:30-8 p.m.  
\*non-certification\*

Seniors

Senior Adventures \*#

Friday, September 9: Sarasota  
Jungle Gardens  
Leaving The Center at 10 a.m.  
Friday, September 16: Hard Rock  
Casino  
Leaving The Center at 10 a.m.  
Wednesday, September 21: Tampa  
Museum of Art  
Leaving The Center at 11 a.m.

For questions regarding Beyond The Classroom, email  
youthprograms@centerami.org. For questions regarding youth soccer,  
email programs@centerami.org.

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reopen on Tuesday, September 6 at 7 a.m.

Youth Center

Beyond The Classroom

Kindergarten-5th Grade  
Program runs until 6 p.m.  
After school care for children  
including homework help, arts &  
crafts, games and more.

Tots Tumbling

Thursdays  
Sept. 1-October 6 (6 weeks)  
3-4 Year Olds: 3-3:45 p.m.  
K-5th Grade: 3:45-4:30 p.m.  
K-5th Grade (Advanced): 4:30-5:15  
p.m.

Youth Fall Soccer

September 6-November 8  
Ages U4, U7, U10 & U14  
Games played on Tuesday nights  
(Monday nights if needed)  
Last day to register: Aug. 29  
Evaluation Night: Aug. 30  
(U10 at 6 p.m., U14 @ 7 p.m.)  
\*No evaluations for U4 & U7

Events

LaPensee Bowling  
Tournament

Saturday, September 10  
5 p.m.  
Bowlero Bradenton  
Tickets: centerami.org/events  
More info: info@centerami.org