

NOVEMBER 2022

10/21/22

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	8-9 a.m. (G) Gutts & Butts	7:45-8:45 a.m. (G) Balance, Core, & Stretch	8-9 a.m. (PA) Vinyasa Yoga
8-8:30 & 8:30-9 (Turf) 30-Min Body Blast (NO CLASS 11/14)	8-8:30 & 8:30-9 (Turf) 30-min Body Blast	8-8:30 & 8:30-9 (Turf) 30-min Body Blast		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 11/30)	9:15-10:15 am (G) Pilates/Yoga Mix	9-10 a.m. (PA)*	
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	Group Indoor Cycle (NO CLASS 11/18)	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
4:30-5 p.m. (CF) 30-Min Body Blast (NO CLASS 11/14)	4:30-5 p.m. (CF) 30-Min Body Blast		4:30-5 p.m. (CF) 30-Min Body Blast		
6-8 p.m. Open Gymnasium	6-8 p.m. Open Volleyball	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 Fees

*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 Announcement:
The Center will be closed on November 24-26 for Thanksgiving. We wish everyone a safe and happy holiday.

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.

Youth Veteran's Day Camp

Friday, November 11
K-5th Grade
8 a.m. to 6 p.m.

Youth Foundation in Fitness

Mondays & Thursdays
5:15-6 p.m.
Classes on: November 3, 7, 14, 17, 21, 28.

After School Tutoring *

Oct 3-April 26
Monday and Wednesdays
K-5th Grade
Group and Private Sessions

Youth Fall Day Camp

November 21,22,23
8 a.m.-6 p.m.
K-5th Grade

Youth Tumbling

Thursdays
December 1-22 (4 weeks)
3-4 Year Olds: 3-3:45 p.m.
K-5th Grade: 3:45-4:30 p.m.
K-5th Grade (Adv.): 4:30-5:15 p.m.

Culture Classes

Healthy Hearing with Yes Hearing SRQ

Friday, November 4
10:30 a.m. - 12 p.m.

Iphone Photography Workshop

Saturday, November 5
9-10:30 a.m.

Dev's Bevs Wellness Workshop

Saturday, November 12
10 a.m. - 1 p.m.

Make Your Own Candle with Sip N Wick

Wednesday, November 16
6-8 p.m.

Tech University: iPhone Training

Thursday, November 10
10:30-11:30 a.m.

Sports Center

Tennis Lessons

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

Fitness Center

Interested in Personal Training?

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

HIIT*#
(Outside on turf if weather permits)

Mondays, Tuesdays, Thursdays
11:30 a.m. - 12:30 p.m.
(No Class 11/24)

Events

Lester Family Fun Day

Saturday, December 3
10:30 a.m. - 2 p.m.

Being a Blue Island Economy Sustainability Forum

Wednesday, November 9
5-7 p.m.

Beach Clean Up

Saturday, November 5
9-11 a.m.

Coat Drive




November 1-18
Drop off coats at The Center no later than Friday, Nov. 18

Seniors

Senior Adventures *

Senior Adventures will return at a later date.

Center Hours:
M-TH
7 a.m. - 8 p.m.
Friday
7 a.m. - 7 p.m.
Saturday
8 a.m. - 3 p.m.

  
407 Magnolia Ave
(941) 778-1908
info@centerami.org
www.centerami.org
See other side for daily class schedules. Classes & programs may change.

For questions regarding Beyond The Classroom or youth day camps, email youthprograms@centerami.org.