

# OCTOBER 2022

10/6/22

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 (CF) 30-Min Body Blast (No Class 10/24)	8-8:30 & 8:30-9 30-min Body Blast	8-8:30 & 8:30-9 30-min Body Blast	9:15-10:15 (PA) IRestore	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	9:15-10:15 am (G) Pilates/Yoga Mix	9-10 a.m. (PA) Group Indoor Cycle	(Class Moved to PAR on 10/22)
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	10:30 a.m. - 1 p.m. Tennis: Legends	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 (Cancelled 10/22)
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 (Cancelled 10/22)
4:30-5 p.m. (CF) 30-Min Body Blast	4:30-5 p.m. (CF) 30-Min Body Blast		4:30-5 p.m. (CF) 30-Min Body Blast (No Class 10/20)		
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 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 gymnasium will be used for the Fall Festival on Saturday, October 22. Pickleball and Open Gymnasium will be cancelled on that day.

## 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.

### Pumpkin Palooza Day Camp

Friday, October 7  
8 a.m. - 6 p.m.  
K-5th Grade  
Registration Deadline: Sep 29

### Youth Foundation in Fitness

Mondays & Thursdays  
5:15-6 p.m.  
Classes on: October 3, 6, 10, 13, 17, 24, 27.

### After School Tutoring \*

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

### Teen Seed Bomb Class\*

Thursday, October 13  
6-7 p.m.  
4-9 Grade

### GameOn Youth Program

October 20-December 15  
Thursdays (no class Nov. 24)  
Ages 6-8: 4-4:55 p.m.  
Ages 9-11: 5-5:55 p.m.

## Youth Tumbling

Thursdays  
October 20-November 17 (5 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.

## Culture Classes

### SMART Family & Friends Recovery Support

Monday, October 3 & Monday, October 17  
6-7:30 p.m.

### General CPR/First Aid Class\*

Wednesday, October 19  
6:30-8 p.m.

### Capoeira for Absolute Beginners\*

Mondays and Wednesdays  
6-7:30 p.m.  
October 17-November 21  
All ages

### American Mah Jongg for Beginners\*

Tuesdays  
10 a.m. to 12 p.m.  
October 18-November 22  
(Students must attend first session)

### Babysitting Class\*

Saturday, October 22  
9 a.m. to 3 p.m.  
11-17 year olds

## Community Connections

Friday, October 21  
5-7 p.m.

### Canasta for Beginners\*

Tuesdays from 12:30-2:30 p.m.  
October 18-November 22  
(Students must attend first session)

### Pedaling for Parkinson's\*

October 11-November 22  
Tuesdays from 1-2 p.m.

## Sports Center

### Red Cup Kickball\*

October 17-December 5  
Mondays from 6-9 p.m.

### Adult Fall Soccer

September 15-November 17  
Thursdays from 6-9 p.m.

### 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

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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.

### Center Hours:

**M-TH**  
7 a.m. - 8 p.m.

**Friday**  
7 a.m. - 7 p.m.

**Saturday**  
8 a.m. - 3 p.m.

**\*Must Pre-Register**

## Wear Pink Week

Oct. 10-13  
Wear pink in support of Breast Cancer Awareness and get a treat on us!

## Seniors

### Senior Adventures \*

Wednesday, October 5: The James Museum of Western & Wildlife Art  
Leaving The Center at 10 a.m.  
Friday, October 14: Red Barn Flea Market  
Leaving The Center at 10 a.m.  
Wednesday, October 26: Lucky Frog German Restaurant Luncheon  
Leaving The Center at 11 a.m.

For questions regarding Beyond The Classroom, email [youthprograms@centerami.org](mailto:youthprograms@centerami.org).