

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 Trip-Howl O Scream*

Saturday, October 15
6th-10th grade
6:30 p.m. - 2 a.m.

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.

Teen Seed Bomb Class*

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

Youth Tumbling

Thursdays
October 20-November 17 (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.

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 10-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.