

# DECEMBER 2022 12/1/22

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	8-8:30 & 8:30-9 (Turf) 30-min Body Blast	8-8:30 & 8:30-9 (Turf) 30-min Body Blast	9:15-10:15 am (G) Pilates/Yoga Mix	9-10 a.m. (G) Tai Chi	9-10 a.m. (PA) 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 12/21)	10:30-11:30 a.m. (PA)* iRestore (NO CLASS 12/29)	9-10 a.m. (PA)*	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	10:15-11:15 a.m. (PA) Cardio FUNction	10:30 a.m. - 1 p.m. Tennis: Legends	Group Indoor Cycle (NO CLASS 12/16 & 12/23)	10:30 a.m. - 1 p.m. (G) Pickleball (Cancelled 12/17)
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 12/17)
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	**Open Gym Cancelled**	**Open Gym Cancelled**
4:30-5 p.m. (CF) 30-Min Body Blast	4:30-5 p.m. (CF) 30-Min Body Blast (NO CLASS 12/27)		4:30-5 p.m. (CF) 30-Min Body Blast (NO CLASS 12/29)		
**Open Gym Cancelled**	6-8 p.m. Open Gymnasium	**Open Gym Cancelled**	6-8 p.m. Open Gymnasium	**Open Gym Cancelled**	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 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 its start time.

### Important Announcement:

The Center gym will be closed December 10 and 17. The Center will be closed on December 24 & 26. We wish everyone a safe and happy holiday!



## 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 T-Ball

January 9-March 6  
Last Day to Register: December 20  
4-6 Year Olds

## Youth Winter Day Camp

December 23, December 27-30 & January 3-6  
8 a.m.-6 p.m.  
K-5th Grade

## Youth Foundation in Fitness

Mondays and Thursdays  
December 1-22  
5:15-6 p.m.

## After School Tutoring \*

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

## Youth Cheerleading

January 10-March 7  
Last Day to Register: December 13  
Ages 5-11

## Teen/Tween DIY Holiday Seed Bomb & Body Scrub

Thursday, December 8  
6-7:30 p.m.  
4th-9th Grade

## Youth Flag Football

Tuesdays  
January 10-March 7  
Register by: December 13  
Evaluation/Draft Day: December 14  
U8 & U10 Evals/Draft: 5:30 p.m.  
U11 & U13 Evals/Draft: 7 p.m.  
Ages 4-13

## 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.

## Dev's Bevs Wellness Workshop

Saturday, December 10  
10 a.m. - 1 p.m.

## Mah Jongg for Beginners

January 17-February 21  
10 a.m. to 12 p.m.  
Last Day to Register: January 8

## American Canasta for Beginners

January 17-February 21  
12:30 to 2:30 p.m.  
Last Day to Register: January 8

## Healthy Hearing Seminar

Friday, December 2  
10:30 a.m. to 12 p.m.

## Make Your Own Candle with Sip N Wick - Holiday Make and Take

Wednesday, December 14  
6-8 p.m.

## iPhone Training with Loretta

Thursday, December 8  
10:30 a.m. - 12 p.m.

## Community Connections

Friday, December 16 | 5-8 p.m.

## Adult Flag Football

January 12-March 9  
Last day to register: December 14  
Draft day: December 15 @ 6 p.m.

## Tennis Lessons

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

## Interested in Personal Training?

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

## HIIT\*#

(Outside on turf if weather permits)

Monday, Dec 5-Tuesday, Dec 20  
Mondays, Tuesdays, Thursdays  
11:30 a.m. - 12:30 p.m.

## Pedaling for Parkinsons\*

January 3-February 7 | 1-2 p.m.

## Lester Family Fun Day

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

## Concert: Beatlemania Now

Saturday, December 10  
Doors open at 6 p.m.  
Opening act at 7 p.m.  
Headliner around 8 p.m.

## 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.**

**\*Must Pre-Register  
# Additional Fees**