

# JANUARY 2023

12/27/22

## 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

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)	7:45-8:45 a.m. (G) Balance, Core, & Stretch	8:15-9:15 a.m. (PA) Vinyasa Yoga
8-8:30 & 8:30-9 a.m.(Turf) 30-Min Body Blast (No class 1/2)	8-8:30 & 8:30-9 a.m. (Turf) 30-min Body Blast (No class 1/3)	8-8:30 & 8:30-9 a.m. (Turf) 30-min Body Blast (No Class 1/4)	Gutts & Butts	9-10 a.m. (G) Tai Chi	9-10 a.m. (G) Iron Yoga
9-10 a.m. (G) 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	10:30 a.m.-1 p.m. Tennis: Legends
10:15-11:15 a.m. (G) Cardio FUNction	10:30 a.m. - 1 p.m. Tennis: Legends	10:15-11:15 a.m. (G) 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. (G) Pickleball (No Pickleball 1/21 or 1/28)
11:30 a.m. - 2 p.m. (G) Pickleball	10:30 a.m. - 1 p.m. (G) Pickleball	11:30 a.m. - 2 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 (No Pickleball 1/21 or 1/28)
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.
2-3 p.m. Open Gymnasium	1-3 p.m. Open Gymnasium	2-3 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 1/2)	4:30-5 p.m. (CF) 30-Min Body Blast (No class 1/3)	Open Gymnasium	4:30-5 p.m. (CF) 30-Min Body Blast (No class 1/5)	(Gym closed after 2 p.m. on 1/13, No Open Gym on 1/13 and 1/20)	Open Gymnasium (No Open Gym on 1/28 or 1/21)
**Open Gym Cancelled**	6-8 p.m. Open Gymnasium (No Open Gym 1/3)	**Open Gym Cancelled**	6-8 p.m. Open Gymnasium (No Open Gym 1/5)	6-7 p.m. Open Gymnasium (No Open Gym 1/6, 1/13 and 1/20)	Center Closed

\*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.

The Center will be closed on January 2. The gymnasium will be closed all day on January 21. We wish everyone a safe and happy holiday!

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**Friday**

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**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**



## Tech Tuesdays with Loretta

Tuesdays | 8-10:30 a.m.  
January 24-February 14

## Capoeira for Absolute Beginners\*#

January 11-February 22  
5:45-6:45 p.m.

## iPhone Training with Loretta\*#

Thursday, January 26  
10:30 a.m. - 12 p.m.

## Tennis Lessons

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

## Pedaling for Parkinsons\*

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

## Balance Workshop\*#

Wednesday, January 25  
11:45 a.m. to 1 p.m.

## Adaptive Yoga

Thursdays | 1-2 p.m.

## Save the Date: Murder Mystery

February 10 & 11, 2023

## Beach Cleanup

Saturday, January 14 | 9-11 a.m.

## Bingo

Friday, January 13 | 6-8 p.m.

## Concert: Tommy DeCarlo

Saturday, January 21  
Doors open at 6 p.m.  
Opening act at 7 p.m.  
Headliner around 8 p.m.

## The Bishop Museum Workshop Series: 'What is a Museum?'

### For Families:

Wednesday, January 18 | 6-7 p.m.

### For Seniors/Public:

Thursday, January 19 | 10:30-11:15 a.m.

## Dev's Bevs Wellness Workshop\*#

Saturday, January 14  
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

## Line Dancing with Bob and Bonnie (Beginner and Intermediate)

Tuesdays  
Beginners: 9:15-10:15 a.m.  
Intermediate: 10:30-11:30 a.m.

## OneBlood Blood Drive at The Center

Tuesday, January 10  
8:30 a.m. to 1:30 p.m.  
OneBlood bus will be parked in The Center  
parking lot.

## Living & Exercising with Parkinson's Disease: Educational Forum

Tuesday, January 3  
11:30 a.m. to 12:30 p.m.

## Healthy Hearing Education Seminar

Friday, January 13 | 10:30-11:30 a.m.

## Community Connections

January 20 | 5-8 p.m.

## 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 Winter Day Camp\*#

January 3-6 | 8 a.m.-6 p.m.  
K-5th Grade

## Youth Foundation in Fitness\*#

Mondays and Thursdays  
5:15-6 p.m.  
(Cancelled on 1/2 and 1/5)

## After School Tutoring \*

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

## Youth Tumbling\*#

Thursdays  
January 12-February 16 (6 weeks)  
2.5-5 Years Old: 3-3:30 p.m.  
5-11 Years Old: 4:30-5:15 p.m.

## Youth Ballet\*#

Thursdays  
January 12-February 16 (6 weeks)  
2.5-5 Years Old: 3-3:30 p.m.  
K-5th Grade: 4:30-5:15 p.m.

## MLK Jr. Day Youth Day Camp\*#

Friday, January 16 | 8 a.m. to 6 p.m.  
K-5th Grade

## Youth Hip-Hop\*#

January 5-March 31 | Thursdays  
9 and under: 5:45-6:45 p.m.  
10+: 6:45-7:45 p.m.  
Register by: January 4