

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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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