

Group Fitness Schedule:

9.28.23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8 AM	7:45-8:45 a.m. (G) Strength, Flexibility & Core	7-7:45 a.m. (G)* Active Isolated Stretching	7:30-8:30 a.m. (PA)* Vinyasa Yoga		7:45-8:45 a.m. (G) Balance, Core, & Stretch	
8-9 AM		8-8:30 & 8:30 a.m. (TR)* 30-min Body Blast	7:45am-8:45 a.m. (G) Cardio, Core & More	8-9 a.m. (G)* Gutts & Butts	7:45-8:45 a.m (PA) Smooth Power Yoga Starts 10.20.23	8:15-9:15 a.m. (PA)* Vinyasa Yoga
9-10 AM	8-8:30 & 8:30-9 a.m. (TR)* 30-min Body Blast	8-9 a.m. (G)* Total Body Conditioning	8-8:30 & 8:30-9 a.m. (TR)* 30-min Body Blast			
11 AM-1 PM	11:30 a.m.-12:30 p.m. (TR)* Reboot 60		11:30 a.m.-12:30 p.m. (TR)* Reboot 60		11:30 a.m.-12:30 p.m. (TR)* Reboot 60	
4pm-5pm	4:30-5 p.m. (TR)* 30-Min Body Blast			4:30-5 p.m. (TR)* 30-Min Body Blast		

*Must pre-register for classes held in Performing Arts Room (PA) & Training Room (TR) 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.

There will be no gym activities Saturday, Oct. 28th starting at 10:15am for AME's Fall Festival

Pickleball Schedule: No indoor play on Oct. 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm	10:30 am-1 pm

Follow this link for the most updated schedule:
<https://centerami.ezfacility.com/Sessions>

(G) - Gym
(PA) - Performing Arts
(TR) - Training Room

Tennis Schedule: Tennis Court #3 reserved for private lessons MWF 7:30-8 p.m., Thursdays 7:30-10:30 a.m., Thursdays 1 p.m. to close

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 7:30-10:30 am	Round Robin 8:30-10:30 am
	Tennis: Legends 10:30 am-1 pm		Tennis: Legends 10:30 am-1 pm		Tennis: Legends 10:30 am-1 pm

Open Outdoor Courts Schedule:

Monday: 1 to 8 p.m.
Tuesday: 1 to 8 p.m.
Wednesday: 1 to 6 p.m.
Thursday: 1 to 8 p.m.
Friday: 1 to 7 p.m.
Saturday: 1 to 3 p.m.

Open Gymnasium Schedule:

Monday-Saturday: 1-3 p.m.
Tu/We/Thu: 6 to 8 p.m.
Friday: 6 to 7 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.

OCTOBER
2023
9/28/23

Wear Pink Week

For Breast Cancer Awareness
October 9th-13th

Pickleball Lessons

Sign up for pickleball lessons with
Josh or Janet.

To schedule with Josh,
call (941) 518-0655.

To schedule with Janet,
call (813) 625-4356.

Tennis Lessons

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

Pedaling for Parkinsons*

Tuesdays | 1-2 p.m.

Adaptive Yoga*

Thursdays | 1-2 p.m.

Indoor Group Cycle*

Wednesdays & Fridays
9:15-10:15 a.m.
Returning 10/25/23

Youth Classes/Programs

Visit Centerami.org
or email youthprograms@centerami.org
for information on our Youth
Classes/Programs

Community Celebration

Celebrating 65 years together
Friday, November 10th
6 -8 p.m.

Family Pizza & Sports Night

Friday, October 20th
6 p.m.-8 p.m.

smiledeep Soccer Tournament

Saturday, November 11 - All Day
For more info: culture@centerami.org

Lester Family Fun Day

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

Healing Strong Cancer Support Group

Wednesdays | Upcoming Dates:
October 4, November 1, December 6
6:30-8 p.m.
FREE
No Pre-Registration Necessary

88 Keys with Miss Bev Piano Lessons*

Ages 5 and up (including adults)
30-minute lessons on Tuesdays
4 week session:
Nov. 7, Nov. 14, Nov. 28 & Dec. 5

Ice Bath Wednesdays

Wednesdays
9 a.m.-12 p.m.

Woman's Health Lecture

Wednesday, October 4th
10:30 a.m. - 12 p.m.
FREE

Positive Dog Training*

Wednesdays
6-7:30 p.m.
Oct. 18, Oct. 25, Nov.1 & Nov. 8

OneBlood Blood Drive

Tuesday, October 24th
8:30 a.m.-1:30 p.m.
Appointments Recommended
Sponsored by North Shore Cafe

General AED/CPR Certification Class

Wednesday, Nov. 1st
10:30 a.m. - 1:30 p.m.
Must register by 10.26.23

Osteoporosis Management and Prevention Workshop

Thursday, Nov. 2nd
10:30 a.m. - 12 p.m.
FREE

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 and
programs may
change.**

***Must Pre-Register
Additional Fees**

THE
Center
OF ANNA MARIA ISLAND