

SEPTEMBER 2023 Group Fitness Schedule:

CLOSED:
The Center will be closed Monday, September 4.

8/21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8 AM	7:45-8:45 a.m. (G) Strength, Flexibility & Core	7-7:45 a.m. (PA)* Active Isolated Stretching	7:45-8:45 a.m. (G) Cardio, Core & More		7:45-8:45 a.m. (G) Balance, Core, & Stretch	
8-9 AM	8-8:30 & 8:30-9 a.m. (TR)* 30-min Body Blast	8-9 a.m. (PA)* Total Body Conditioning	8-8:30 & 8:30-9 a.m.(TR)* 30-min Body Blast	8-9 a.m. (PA)* Gutts & Butts		8:15-9:15 a.m. (PA)* Smooth Flow Yoga
9-10 AM	9:15-10:15 a.m. (PA)* Total Recovery (Formerly iRestore/Rollassage)	9:15-10:15 a.m. (G) Pilates/Yoga Mix	9-10 a.m. (PA)* Tai Chi 9:15-10:15 a.m. (TR)* Group Indoor Cycle	9:15-10:15 a.m. (G) Pilates/Yoga Mix	9-10 a.m. (PA)* Tai Chi 9:15-10:15 a.m. (TR)* Group Indoor Cycle	9:15-10:15 a.m. (G) Iron Yoga
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	
4-5 PM	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 (TF) 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.

Pickleball Schedule:

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 pm
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.



SEPTEMBER
2023

8/21/23

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 Hip Hop

September 7-December 21

Kindergarten-5th Grade: 5:30-6:30 p.m.

6th Grade and Up: 6:30-7:30 p.m.

Cost: \$60 Members | \$70 Non-Members

Register by: Thursday, August 31

Tots and Youth Tumbling

September 7-October 19 | Thursdays

Tots (3-4 Years): 3:15-3:45 p.m.

Youth (K-5th): 4:30-5:15 p.m.

Cost: \$120 Member

\$150 Non-Member

Register by: Thursday, August 31

Youth Beginner Jazz and Ballet

Ages 5-11

September 7-October 19 | Thursdays

4-4:30 p.m.

Cost: \$110 Member

\$140 Non-Member

Register by: Thursday, August 31

Closed: September 4

The Center will be closed Monday,
September 4 for Labor Day.

Save the Date: smiledeep Soccer Tournament

November 11 - All Day

LaPensee Bowling Tournament

Saturday, September 9

Check in starts: 5:30 p.m.

Bowling: 6-8 p.m.

Awards/Raffles: 8:00 p.m.

Lane Sponsors available!

Lanes on sale now. Reserve your lane at
centerami.org/events

Healing Strong Cancer Support Group

Starting September 6 from 6:30-8 p.m.

Wednesdays | Upcoming Dates:

October 4, November 1, December 6

Cost: Free

No Pre-Registration Necessary

Dolly Parton's Imagination Library

Free Book Program open to all children ages
0-5.

AMI Residents Only.

Call The Center at (941) 778-1908

to register.

Ice Bath Wednesdays

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

Cost: \$10 Member | \$15 Non-Member

Senior Hands Only CPR

(Non Certification)

Wednesday, September 20

10:30 a.m.-12 p.m.

Cost: \$25 Members | \$35 Non-Members

Register by: Thursday, September 14

Pedaling for Parkinsons

Tuesdays | 1-2 p.m.

Adaptive Yoga

Thursdays | 1-2 p.m.

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.

Adult Basketball

September 18-November 20

Pickup Game & Draft to Follow:

Monday, September 4 @ 6:30 p.m.

Games played: Monday

Cost: \$20 Member | \$100 Non-Member

Register by: Friday, September 1

Youth Basketball

Ages 5-14

September 30-November 18

Evaluations: Wednesday, September 13

Games played: Saturday

Cost: \$20 Member | \$100 Non-Member

Register by: Friday, September 8

Dink & Drink Adult Pickleball

Wednesdays | 6:30-8:30 p.m.

Cost: \$5 Member | \$10 Non-Member

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