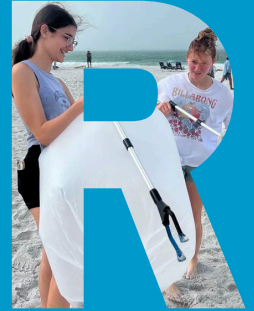


THE
CENTER
OF ANNA MARIA ISLAND



June 2024
Program
Guide



THE
Center
OF ANNA MARIA ISLAND
The community's gathering place

Group Fitness Classes

Active Isolated Stretching

Active Isolated Stretching (AIS) is a technique that helps people maximize the effectiveness of stretching without causing the sort of discomfort that keeps a lot of us away from it, by performing a stretch for no longer than 2-3 seconds using a rope to help assist in the stretch. These stretches provide maximum benefit and can be accomplished without opposing tension or resulting in trauma.

- Instructor: Brenda Canning
- Schedule: Tuesdays 7-7:45 am

All Levels Yoga

All Levels Yoga is a class that uses the breath to create movement from pose to pose. Some classes poses will be held for several breaths and others will be a bit faster pace, but all classes will be accessible to new students and challenging for those with more experience.

- Instructor: Paige Phelps
- Schedule: Mondays 9:15 -10:15 am
- Wednesdays: 5:30 - 6:30 pm

Balance, Core, and Stretch

This class covers a variety of exercises designed to improve balance and muscular strength, increase flexibility, improve your joint stability, and increase your range of motion. This class will be split with 20 mins. of balance work, 20 mins. of Core Exercises, and 20 mins. of stretching.

- Instructor: Susan George
- Fridays 7:45-8:45 am

Body Blast

Spend only 30 minutes making the most of every second through strength training, aerobic conditioning, HIIT training, and more.

- Instructor: Jennifer Richeson
- Wednesdays 10:30-11 am

Foundation Training

Learn a revolutionary method designed to alleviate pain, improve posture, and enhance overall well-being. Through a series of gentle yet effective exercises, you'll learn how to strengthen your body's foundation, optimize movement patterns, and take control of your health.

- Instructor: Rhett Bogacz
- Schedule: Wednesdays 10:30am-11:15am
- Must Pre-Register

Cardio, Core & More

A class that has you doing CARDIO will be the instructor's choice, including step, kickboxing, and more. This class will incorporate CORE strength and get the heart rate going along with building a solid foundation while you work on the core muscles in your hips, abdomen, and lower back to help maintain Balance and Stability by doing exercises using your own body weight, small hand weights, and whatever other fun toys the instructor would like to use.

- Instructor: Susan George
- Schedule: Wednesdays 7:45-8:45 am

Gutts & Butts

As the name implies, an hour of focus on those areas that are so visually important to us, the abdominal muscles, the gluteal muscles, and the hips using dumbbells, and/or anything else that the instructor chooses to use from our little "toy box."

- Instructor: Laura Bennett
- Schedule: Thursdays 8-9 am

Functional Full Body

Join Ksenia for a fitness class adventure of strength and cardio. Full of various movements with high intensity to challenge your entire body. Each class will vary and incorporate a variety of exercises to keep your body strong and healthy. All ages welcome!

- Instructor: Ksenia Klue
- Schedule: Tuesdays 9:15-10:15 am
- Fridays 8 - 9 am

Iron Yoga

If traditional yoga doesn't fire up your muscles, try lifting weights while striking a pose. That's exactly what's involved in Iron Yoga, a hybrid of yoga and strength training.

- Instructor: Laura Bennett
- Schedule: Saturdays 9:15-10:15 am

Pedaling For Parkinson's

Pedaling for Parkinson's is an indoor stationary cycling class developed specifically for people with Parkinson's Disease and other neuro challenges. Participants ride for one hour, with a warm-up and a cool-down.

- Instructor: Stephanie Belill
- Schedule: Tuesdays 1 - 2 pm
- Must Pre-register
- Class is free for members and non-members

Pilates/Yoga Mix

This class will build core strength and flexibility by focusing on the strongest abs and back, long lean muscles, excellent grace of movement, and control and concentration. The Pilates technique is one of the most effective and challenging forms of exercise. Consistent training in the Pilates method will improve everything you do.

- Instructor: Laura Bennett
- Schedule: Tuesdays and Thursdays 9:15 -10:15 am

Power Flow Yoga

Discover the building blocks of the practice of yoga for stability and endurance through smooth flowing yoga movements. Explore detailed attention to the foundation of the poses (asanas) through creative cueing and breathwork while cultivating strength, stability, and flexibility. This class encourages inward curiosity and self-exploration.

- Instructor: Dana Sky
- Schedule: Fridays 7:45-8:45 am

Do you have the MemberMe+ App. Visit The Center's front desk for more information

Times, classes, and instructors are subject to change

For more info or to register on any of our programs, call us at (941) 778-1908 or email hello@centerami.org

Group Fitness Classes

Reboot 60

Reboot 60 delivers a high-octane, full-body workout engineered to rejuvenate your mind and body within a mere 60 minutes. This midday session promises to leave you invigorated and primed to conquer the remainder of your day.

- Instructor: Jennifer Richeson
- Wednesdays 11 am-12 pm

Strength, Flexibility & Core

Weight training class designed to increase muscle strength and endurance fused with lots of stretching and specific exercises promoting strong abs and a healthy back.

- Instructor: Laura Bennett
- Schedule: Mondays 7:45-8:45 am

The Center has Personal Trainers!

The trainer will design a program that is best for you depending on your fitness goals and work one on one with you to help you reach your goals.

Contact hello@centerami.org for more information.

Tai Chi

The benefits of this ancient Chinese art include improvement in mental clarity, balance, footwork and stepping. Tai Chi is a gentle healing practice, an excellent way to open up the joints and stretch the tendons. Suitable for all ages and levels.

- Instructor: Sensei Brian Nell
- Schedule: Wednesdays and Fridays 9-10 am

Total Body Conditioning

A class that focuses on fat-burning cardio coupled with muscle-sculpting work for the abs, arms, and legs. A great workout that works the entire body. Are you ready for the challenge?

- Instructor: Brenda Canning
- Tuesdays 8-9 am

Vinyasa Yoga

Vinyasa Yoga class is an approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, though the specific poses and the pace of the flow vary from one instructor to the next.

- Instructor: Renee Poeavacek
- Schedule: Tuesdays & Thursdays 8:30 - 9:30 am and Saturdays 8:15 - 9:15 am

Specialty Wellness/Culture Classes

Yoga Nidra & Crystal Singing Bowl Sound Bath

Yoga Nidra, or yogic sleep, promotes deep rest and relaxation and is designed for ALL LEVELS. Paige will guide you through a somatic, meditative experience, including a body scan, mindful breathing, and visualization. You will be invited to set a Sankulpa (intention), which will serve as your anchor along with your breath throughout the practice. Following the meditation, you will be immersed in a crystal singing bowl sound bath to bring your experience full circle and cultivate a greater sense of wholeness and well-being. Please register the Monday prior to the class.

- Schedule: Tuesdays 6 pm-7 pm
- Cost: Members \$15/ Non-Members \$25

Adult Book Club

Come join us in a discussion about the monthly book. All are welcome and there is no cost. Bring a book to swap.

- Schedule: Second Monday of the Month at 2 p.m.
- June's 10th book: The Women by Kristin Hannah

Beach Clean-up

Join our monthly clean-ups to help keep our beaches clean. Meet at The Center, and we will provide supplies.

- **Schedule: Saturday, June 1st 9 - 11:30 am**

88 Keys: Piano Lessons

One-on-one piano instruction. Lessons will vary depending on the age of the student. Each lesson will prepare students to memorize songs and perform in recitals.

- 30-minute 4-week Session on Tuesdays, Wednesdays, or Thursdays between 10 am-12 pm and 3:30 -6:30 pm
- Contact hello@centerami.org to reserve your spot
- Cost per session: Members \$80/Non-members: \$90

Ice Bath Wednesdays with Devs Bevs

Drop in and experience the benefits of ice baths with Devinne Whittaker of Devs Bevs. Take a few minutes out for yourself!

- Schedule: Wednesdays 9 am- 12 pm
- Cost: \$20 Members | \$25 Non-Members

The Holistic Nurse IV & Injection Services

Join the Holistic Nurse for IV Vitamin Infusions and Injections at The Center. The holistic approach to wellness addresses the mind, body, and spirit.

- Schedule: Drop-in Fridays between 9 am -2 pm



Support your non-profit and donate today!
For more info contact development@centerami.org

For information on Sports at The Center:
email: sports@centerami.org

Tennis Lessons

The Center has two Tennis Pros that provide lessons. For more information on our pros, visit centerami.org/sports/tennis

Tennis Lessons with Tennis Pro EJ Sanford are open to all ages & skill levels. EJ's lessons include general lessons, hitting sessions, semi-private lessons, video lessons, and clinics. You must make a reservation for all tennis lessons. For more info (or if you are interested in options for lessons) please contact EJ at (941)725-9273 or worldclasstennispro@yahoo.com

One-hour individual sessions with Pro Cody Wright focused on developing tennis technique and coordination with cross-training in cardio, strength, and conditioning. Contact Cody at rcwright6@hotmail.com to schedule your lesson.

Ladies Tennis Clinic

90-minute session consists of:

Cardio
Singles Tactics
Doubles Tactics
Point Play

Schedule: Tuesdays 9 -10:30 am

Tennis Legends

Tuesdays, Thursdays, & Saturdays 10:30 am-1 pm

Open Gym

Contact The Center at (941)778-1908 for daily open gym times

Youth Summer Indoor Soccer

Last Day to Register: Friday May 31st

Evaluations/Team Drafts:

Monday, June 3rd 11-14 year olds at 6 pm
Tuesday, June 4th 8-10 year olds at 6 pm
3-4 year olds and 5-7 year olds no evaluations

Season Starts: June 24th

Game Nights and Times: Monday and Tuesday games with start times TBD, pending participation numbers and age division alignment.

Adult Flag Football

June 27th-September 5th

Register by: Wednesday, June 5th

Evaluation/Pick-Up Game: June 6th at 6 p.m.

Draft: June 6th at 7 p.m.

Games played on Thursday nights

Pickleball Lessons

Interested in learning how to play pickleball? Sign up for pickleball lessons with Josh or Janet. Josh and Janet each offer their own schedules for lessons. To schedule a lesson: Josh (941) 518-0655 / Janet (813) 625-4356.

Indoor Pickleball

Monday & Wednesday: 7 -9:30 a.m.

Tuesday & Thursday: 7- 9 a.m.

Friday & Saturday: 10:30 a.m. - 1 p.m.

Open Outdoor Tennis/Pickleball Courts Schedule

Monday: 7 a.m. to 8 p.m.

Tuesday: 7 a.m. to 9 a.m. and 1 to 8 p.m.

Wednesday: 7 a.m. to 8 p.m.

Thursday: 1 to 8 p.m.

Friday: 7 a.m. to 7 p.m.

Saturday: 8 a.m. to 10:30 am and 1 to 3 p.m.

Youth



Presents 2024 Summer Camp

Summer My Way Camp: (Kindergarten-5th Grade)

Join us for the ultimate Summer Camp Spectacular at The Center's Summer My Way camp! We will be hosting nine weeks of summer fun where you get to be the boss! Sign up for the weekly sports camp, explore the arts with discovery camp, or set your sails towards a specialty camp! This camp is designed for children going into kindergarten all the way up to 5th grade! (Ages 5-12.) Camp runs June 3rd- August 2nd.

Adventure Time: Teen Camp (6th-9th Grade)

Join us for a summer of adventure, friends, trips, and fun at our Adventure Time Summer Camp Program. We will be hosting nine weeks of summer fun running June 3rd- August 2nd. Every Tuesday and Thursday the teens will take a trip. This camp is designed for children headed into 6th grade all the way up to 9th Grade!

Specialty Camps/Workshops

Join in for an hour or two for specialty camps that put more focus and emphasis on one particular activity or an activity that must be done in small groups. For times, dates, & ages visit: www.centerami.org/summercamp/specialtycamps/

- Baking with Amy
- Fundamentals in Photography
- Devs Jucie Party
- Nature Tie-Dye
- Sun Print Class
- Cheerleading & Stunting
- Teen Babysitting Class
- Girl's Volleyball
- Tennis
- Tumbling
- Soccer
- Lacrosse
- Basketball
- Lego Building
- Archery Camp
- Fishing

For information on Summer Camps at The Center:
Visit: www.centerami.org/summercamp
email: youthprograms@centerami.org