

THE CENTER OF ANNA MARIA ISLAND

August 2024 Program Guide



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

(941) 778-1908 | www.centerami.org | hello@centerami.org | 407 Magnolia Ave

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

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

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

Do you have the MemberMe+ App?

1. Download the MemberMe+ App from your app store.
2. Enter your location and The Center of Anna Maria Island will come up.
3. Select our organization.
4. Look in your email for an invitation from us to make a username and password.
5. Use the login credentials you create to sign up for classes.

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

Times, classes, and instructors are subject to change

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

Join Paige for Yoga Nidra, a practice for all levels promoting deep rest and relaxation. Experience a guided meditation with a body scan, mindful breathing, and visualization. Set a Sankulpa (intention) to anchor your practice. The session concludes with a crystal singing bowl sound bath, enhancing your sense of wholeness and well-being. Register by the Monday before 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.
- August 12th's book: All the Colors of the Dark by Chris Whitaker

The Holistic Nurse IV Services

Join the Holistic Nurse for IV Vitamin Infusions and Injections starting August 16th. Kialeey Gratzner, the Holistic Nurse, believes in a holistic approach to wellness that addresses the mind, body, and spirit. IV therapy delivers nutrients and hydration directly into the bloodstream for immediate absorption and use by the body. For all services, visit www.Centerami.org/culture

- Schedule: Fridays 9 am - 2 pm
- Cost: Injections \$40/ IV's \$180

88 Keys: Piano Lessons

Whether you're a beginner or polishing your skills, our personalized one-on-one sessions ensure growth and enjoyment. From mastering tunes to dazzling in recitals, we've got you covered!

- 30-minute session on Tuesdays or Thursdays between 3:30 -6:30 pm
- Contact hello@centerami.org to reserve your spot
- Cost per session: Members \$25/Non-members: \$30

Ice Baths 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 & Saturdays 9 am- 12 pm
- Cost: \$20 Members | \$25 Non-Members

The Greg LaPensee Bowling Tournament

Save the Date: Saturday, September 14th



Sports

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.

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

Indoor Pickleball

Monday - Saturday 10:30am-1pm

Tennis Legends

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

Open Gym & Court Times

Contact The Center at (941)778-1908 for daily open gym times or visit www.centerami.org for open court times.

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.

Fall Soccer Leagues

Youth Soccer for 3 - 14 year olds and Adult Soccer for 18+ will return to The Center in the Fall. Registration for both leagues is open now. Games start in September, and registration ends Aug. 16th for Youth and Aug. 28th for Adult. Contact sports@centerami.org for more information.

Youth Programs

Social Skills Kid's Lessons

Dr. Emily Roff will teach engaging social skills group lessons for children. Sessions include a curriculum-based lesson, peer practice opportunities, and fun activities. All children are welcome to join.

- Schedule: Monday August 19th & 26th 4 - 5 pm
- Cost: \$60 Member/ \$70 Non-Member

Youth Tumbling Classes

Star Academy of Dance & Aerial Arts offers a fun tumbling class for all levels.

- 7 week session: Thursdays: August 22nd-October 3rd
- Cost: \$120 Member/\$150 Non-Member

-Tots Tumbling: 3:30 - 4 pm for 2.5 to 5 year olds

-Beginner: 4 - 4:30 pm for K- 5th: Child does not have a backend kick-over

-Intermediate: 4:30 - 5 pm for K-5th: Child MUST have a backend kick-over

-Advanced: 5 - 5:30 pm for K-5th: Child MUST have a walkover, Arabians, working on aials and back-handsprings

Beyond The Classroom: Afterschool Program

We offer a variety of fun and engaging activities for children in K-5th Grade. The program promotes enrichment activities for our youth every day while providing a fun, safe, and social environment for them. The Center picks up daily from Anna Maria Elementary. For information, contact youthprograms@centerami.org or (941)778-1908 ext. 217

Youth Hip-Hop Dance Class

Crystal will be teaching mostly hip-hop movements in her class. Her class will include a warm-up, stretching, fundamentals, and a cool-down. At the end of the session, there will be a recital.

- 7 week session: August 22nd-October 3rd
- K-5th: Thursdays: 5:45 - 6:45 pm
- 6th and up: Thursdays: 6:45 - 7:45 pm
- Cost: \$120 Member/\$150 Non-member

For information on Youth Programs at The Center:
email: youthprograms@centerami.org



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



**The Center will be closed
August 5th - 10th
for Maintenance and Staff Training**