

# Group Fitness Schedule:

# SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45-8:45 am (G) Strength, Flexibility & Core	7-7:45 am (G) Active Isolated Stretching	7:45-8:45 am (G) Cardio, Core & More	8-9 am (G) Gutts & Butts	7:45-8:45 am (G) Balance, Core & Stretch	8:15-9:15 am (PA)* Vinyasa Yoga
	8 - 9 am (G) Total Body Conditioning	9 - 10 am (G) Tai Chi		7:45-8:45 am (PA) Power Flow Yoga	
	8:30- 9:30 am* Vinyasa Yoga	9:15 - 10:15 am (PA)* Indoor Cycle	8:30-9:30 am (PA)* Vinyasa Yoga	8 - 9 am (TR) Functional Full Body	
9:15 - 10:15 am (G) All Levels Yoga	9:15-10:15 am (G) Pilates/Yoga Mix	10:30- 11 am (TR) Body Blast		9 - 10 am (G) Tai Chi	9:15 - 10:15 am (G) Iron Yoga
	9:15 - 10:15 am (TR) Functional Full Body				
	1 - 2 pm (PA)* Pedaling for Parkinsons	11:30 am - 12:30 pm (TR) Reboot 60	9:15-10:15 am (G) Pilates/Yoga Mix	9:15-10:15 am (PA)* Indoor Cycle	
6 - 7 pm (PA)*\$ Yoga Nidra & Crystal Singing Bowl Sound Bath					

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

For the most up to date schedule visit <https://centerami.ezfacility.com/Sessions>

\*Must pre-register for classes held in PA & TR at the front desk or on the MemberMe+ App.  
Times, classes, & locations are subject to change

**The Center will be closed September 2**



hello@centerami.org

(941)778-1908

www.Centerami.org

Mon	Tues	Wed	Thurs	Fri	Sat
7am-8pm	7 - 9am & 1 - 8pm	7am - 8pm	1 - 8pm	7am - 7pm	8 - 10:30am & 1 - 3pm

**Open Gym Times  
Mon- Sat 1-3pm  
Call (941)778-1908  
for evening times**

Tennis Court #3 reserved for private lessons  
MWF 7:30 am- 7 pm  
Tues/Thurs 7:30-10:30 am & 1 pm to 8 pm

Monday - Saturday
10:30 am - 1 pm

Tues/Thurs/Sat	10:30 am - 1 pm
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## The Holistic Nurse IV Services

Fridays | 9 am -2 pm  
Full list of services centerami.org/culture

## Yoga Nirdea & Crystal Signing Bowl Sound Bath\*

Tuesdays | 6 pm - 7 pm

## Ice Baths

Wednesdays & Saturdays | 9 am -12 pm

## 88 Keys: Piano Lessons\*

Tuesdays/Thursdays Afternoons  
30 minutes lessons  
FOR ALL AGES  
Register with the front desk or  
hello@centerami.org

## Adult Book Club

Monday, September 12th at 2pm  
Book: The Bird Hotel by Joyce Maynard

## OneBlood Blood Drive

Tuesday, September 10th  
9 am - 12 pm

### \*Must Pre-Register

To register for any of the classes or events,  
please contact hello@centerami.org  
~Times, classes, and locations  
are subject to change

### Center Hours:

**Monday-Thursday: 7 am - 8 pm**  
**Friday: 7 am - 7 pm**  
**Saturday: 8 am - 3 pm**

# SEPTEMBER 2024

## LaPensee Bowling Tournament

GET YOUR LANE: Saturday, September 14th

**The Center will be closed  
Monday, September 2nd**



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



 hello@centerami.org

 (941)778-1908

 www.Centerami.org

 407 Magnolia Ave  
Anna Maria, FL 34216

8.26.24

## Tennis Lessons\*

Tennis Pro EJ: (941) 725-9273.  
Tennis Pro Cody: richardcwright85@gmail.com

## Pickleball Lessons\*

Lessons with Josh, (941) 518-0655.  
Lessons with Janet, (813) 625-4356.

## Beyond The Classroom Afterschool\*

K-5th Graders  
Pick-up from AME / Ends at 6pm  
Must Pre-register: youthprograms@centerami.org

## Future Ace's Youth Tennis\*

Starts: September 11th: 4 week session  
Wednesdays 5 - 5:45 pm

## Let's Do Yoga: Youth Yoga\*

Starts: September 9th: 4 week session  
Mondays 4 - 5 pm

## Youth Social Skills Lessons\*

Mondays 4pm-5pm  
Contact youthprograms@centerami.org

## Youth Basketball \*

K-5th: Tuesday's in September:  
4:30 - 5:30 pm  
6th-9th: Thursday's in September:  
5:30 - 6:30 pm

## Youth Hip-Hop\*

Thursdays  
K-5th: 5:45pm- 6:45pm  
6th & up: 6:45pm- 7:45pm