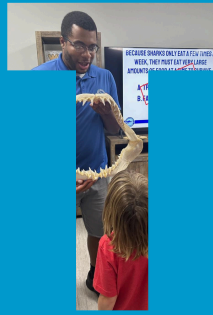


THE
CENTER
OF ANNA MARIA ISLAND



**October
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

Maximize stretch effectiveness with AIS. Perform each stretch for 2-3 seconds using a rope for assistance, preventing tension or discomfort.

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

All Levels Yoga

Flow through poses using breath to guide movement. Classes vary in pace, offering accessibility to beginners and challenges for experienced students.

- Instructor: Paige Phelps
- Schedule: Mondays 9:15-10:15 am

Balance, Core, and Stretch

Improve balance, strength, flexibility, and joint stability through 20 minutes each of balance work, core exercises, and stretching.

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

Body Blast

A 30-minute, high-intensity session combining strength training, aerobic conditioning, and HIIT.

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

Cardio, Core & More

Incorporates step, kickboxing, and more. Focus on core strength, balance, and stability with bodyweight and small equipment exercises.

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

Gutts & Butts

An hour focused on abs, glutes, and hips using dumbbells and other equipment.

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

Functional Full Body

Strength and cardio with varied, high-intensity exercises to challenge your whole body.

- Instructor: Ksenia Klue
- Schedule: Tuesdays & Fridays 8-9 am

Iron Yoga

Combine yoga with strength training by lifting weights while holding poses.

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

Special Offer: Personal Training with Stephanie

Get three 30-minute sessions with Stephanie Belill for just \$135 (regularly \$165). Achieve your fitness goals with expert guidance!

Times, classes, and instructors are subject to change

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.

Pedaling For Parkinson's

A stationary cycling class for people with Parkinson's and other neuro challenges.

- Instructor: Stephanie Belill
- Schedule: Tuesdays 1-2 pm
- Free for all; Pre-registration require

Pilates/Yoga Mix

Build core strength and flexibility with a mix of Pilates and yoga techniques.

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

Power Flow Yoga

Flowing yoga movements focusing on strength, stability, flexibility, and breathwork.

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

Reboot 60

A high-energy, full-body workout to refresh your mind and body in 60 minutes.

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

Strength, Flexibility & Core

Boost strength, endurance, and flexibility with weight training and core-focused exercises.

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

Tai Chi

Improve mental clarity, balance, and joint mobility through this gentle, healing Chinese practice.

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

Total Body Conditioning

A mix of fat-burning cardio and muscle-toning exercises for the entire body.

- Instructor: Brenda Canning
- Schedule: Tuesdays 8-9 am

Vinyasa Yoga

Flow from one pose to the next in this dynamic yoga class. Pace and poses vary by instructor.

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

Youth Programs

Skim Boarding Camp with AMI Skim and Surf

Join local Evan Talucci and learn how to skim board.

- K-5th Graders
- Schedule: Monday, October 14th: 9:30 am- 12 pm
- Cost: \$60 Member/ \$70 Non-Member

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.

- K-5th Graders
- Schedule: Mondays or Tuesdays: 4 - 5 pm
- Cost: \$130 Members/\$150 for the month
- Drop-in cost: \$35 Members/\$40 Non-Members

Let's Do Yoga: Youth Yoga

Yoga class will focus on breathing, mobility and relaxation.

- Schedule: Mondays: 4 - 5 pm
- Cost per session: \$75 Member/ \$85 Non-Member

Youth Tumbling Classes

Star Academy of Dance & Aerial Arts offers a fun tumbling class for all levels. Classes range from 2.5 to 5th graders and from 3:30-5:30 pm. Visit centerami.org/youth/classes/

- 7 week session: Thursdays: Oct. 10th- Dec. 5th
- Cost: \$120 Member/\$150 Non-Member

Youth Hip-Hop Dance Class

Learn hip-hop movements and have fun!

- K-5th: Thursdays: 5:45 - 6:45 pm
- 6th and up: Thursdays: 6:45 - 7:45 pm
- Cost: \$120 Member/\$150 Non-member

Kid's Theater Group

The group will end with a holiday performance. Activities include choral singing, solos, acting, script rehearsals, and simple, kid-friendly choreography.

- K-5th Graders
- Mondays: 5 - 6 pm (and Tuesday 11/12 & 12/3)
- Starts October 7th
- Performances on Dec. 7th & 9th
- Monthly rates range \$135- \$160 for Oct-Dec

Youth Pickleball Clinic

Learn pickleball basics, skill development drills, individual and team game play.

- 3rd-9th Graders
- Wednesdays: 5 - 6 pm
- Starts October 2nd and ends October 23rd
- Cost: \$100 Members/\$115 Non-members

Martial Arts

Kids' martial arts program with sensei Kevin Bergquist of Kaizen Dojo Martial Arts

- K-5th Graders
- Thursdays: 6:45 - 7:30 pm
- One Time \$35 Registration Fee
- October is free, with the registration fee
- Cost starting in Nov: \$97 member/ \$107 non-member

Beyond the Classroom After School Open House

Families are welcome to join us for the After School Open House! Learn about the specialty youth programs The Center has to offer, as well as what to expect from our After School Program. Parents are encouraged to attend with their children. There will be art activities, access to the Gaga Pit, and pizza will be provided.

- Wednesday, October 2nd 6:15 - 7:15 pm

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.

- K-5th Grade
- Schedule: Monday-Friday until 6 pm

All Day Camp with Mad Science

When school's out, the fun begins! Enjoy games, crafts, and a visit from the Mad Science Guy! Kids will take part in hands-on, interactive science activities that make learning fun and exciting.

- K-5th Grade
- Monday, October 14th 8 am - 6 pm
- Must pre-register by Thursday, October 10th

Future Ace's Tennis Program

Athletic and tennis development that fosters athletic agility and beginner tennis technique where kids will work in stations to learn stroke production, cultivate hand-eye coordination, fun footwork and improve overall coordination and strength skills.

- Ages 6-12
- Session: Wednesdays, October 9th-30th
- 5 - 5:45 pm
- Cost per session: \$120 Member/\$135 Non-member
- Drop-in rate: \$40 Member/\$45 Non-member

Youth Basketball Training with AMI Hoops

Group Training: Join our Group Training sessions for a well-rounded basketball experience.

- Grades K-5: Tuesdays in October, 4:30 - 5:30 pm
- Grades 6-9: Thursdays in September, 5:30 - 6:30 pm
- Cost: \$100 Members/ \$125 Non-Members

Private Training:

- Dates: Mondays & Wednesdays in October
- Times: 4:30 - 5:30 pm / 5:30 - 6:30 pm
- Cost: \$185 Members/ \$225 Non-Members

Dolly Parton's Imagination Library

Dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five.

Scan the QR code to sign-up



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

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.

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.

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

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

The Holistic Nurse IV Services

Join the Holistic Nurse for IV Vitamin Infusions and Injections. Kialeay Gratzner, the Holistic Nurse, believes in a holistic approach to wellness that addresses the mind, body, and spirit. For all services, visit www.Centerami.org/culture

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

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

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
- Contact hello@centerami.org to reserve your spot
- Cost per session: Members \$25/Non-members: \$30

DBTB Juice Bar & Bakery

Open every Friday, 7 am-2 pm.

Offering a delicious selection of breads, pastries, desserts, juices, coffee, and smoothies

Making Sense of Medicare & Medicare Enrollment

An educational presentation and interactive Q&A session led by licensed Medicare broker Christopher Alesevich. Christopher will break down the components of Medicare and the enrollment, help people make sense of Medicare, and answer any questions you may have.

- Schedule: Wednesday, November 6th | 12 pm

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: Monday, October 21st at 2pm
- Book: The Wedding People by Alison Espach



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



**September 30th-
October 5th
Wear Pink Week for
Breast Cancer
Awareness**