

Group Fitness Schedule:

OCTOBER 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 - 9 am (TR) Functional Full Body	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	8:30 - 9:30 am* Vinyasa Yoga	10:30 - 11 am (TR) Body Blast		9 - 10 am (G) Tai Chi	9:15 - 10:15 am (G) Iron Yoga (Oct. 26th in PA room)
	9:15 - 10:15 am (G) Pilates/Yoga Mix		11:30 am - 12:30 pm (TR) Reboot 60	9:15 - 10:15 am (PA)* Indoor Cycle	
	1 - 2 pm (PA)* Pedaling for Parkinson's	9:15-10:15 am (G) Pilates/Yoga Mix			
	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



- hello@centerami.org
- (941)778-1908
- www.Centerami.org
- 407 Magnolia Ave
Anna Maria, FL 34216

Open Outdoor Tennis/Pickleball Courts Schedule					
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 - 3 pm 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 - 8 pm		
Tennis Lessons*			Tennis Legends Schedule		
Tennis Pro EJ: (941) 725-9273. Tennis Pro Cody: richardcwright85@gmail.com			Tues/Thurs/Sat 10:30 am - 1 pm		

Oct. 26 no gym activities

Indoor Pickleball Schedule
Monday - Saturday
10:30 am - 1 pm
Pickleball Lessons*
Lessons with Josh, (941) 518-0655. Lessons with Janet, (813) 625-4356.

The Holistic Nurse IV Services

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

Yoga Nirda & Crystal Singing Bowl Sound Bath*

Tuesdays | 6 pm - 7 pm

Ice Baths

Wednesdays | 9 am - 12 pm

88 Keys: Piano Lessons*

Tuesdays/Thursdays Afternoons
30 minutes lessons
FOR ALL AGES

Adult Book Club

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

Making Sense of Medicare

Wednesday, November 6 at 12 pm

Wear Pink Week for Breast Cancer Awareness

September 30th - October 5th

*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

OCTOBER 2024

Beyond the Classroom Open House

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

All Day Camp with Mad Science*

Monday, October 14th 8 am - 6 pm
K-5th Graders

Beyond The Classroom Afterschool*

K-5th Graders: Pick-up from AME

Youth Social Skills Lessons*

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

Kid's Theater Camp*

Mondays 5 - 6 pm
Starting Oct. 7th
Performance Dec. 9th



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

9.18.24

Skim Boarding Camp*

Monday, October 14th 9:30 am - 12 pm
K-5th Graders
Must Pre-register. Space Limited.

Future Ace's Youth Tennis*

Starts: October 9th: 4 week session
Wednesdays 5 - 5:45 pm

Youth Tumbling*

Starts: October 10th: 7 week session
Classes range for age and experience

Let's Do Yoga: Youth Yoga*

Mondays 4 - 5 pm

Youth Hip-Hop*

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

Youth Pickleball Clinic*

Wednesdays, October 2nd - 23rd 5 - 6 pm
3rd - 9th Graders

Youth Martial Arts*

Thursdays, October 3rd - 24th
6:45 - 7:30 pm | K- 5th Graders
Session one FREE with registration fee

Youth Basketball*

Tuesdays: K-5th: 4:30 - 5:30 pm
Thursdays: 6th-9th: 5:30 - 6:30 pm
Private Lessons available:
Mondays & Wednesdays