

Group Fitness Schedule:

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength, Flexibility & Core 7:45 - 8:45 am (G)	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	9:15 - 10:15 am (G) Iron Yoga
	8 - 9 am (G) Total Body Conditioning	9 - 10 am (G) Tai Chi	9:15-10:15 am (G) Pilates/Yoga Mix	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	9:15 - 10:15 am (PA)* Indoor Cycle	10:30-11:30 am (PA) 11.14 - 12.12 Peace After the Storm- FREE Yoga Class	9 - 10 am (G) Tai Chi	
	1 - 2 pm (PA)* Pedaling for Parkinson's	10:30 - 11 am (TR) Body Blast	5:30-6:30 pm (TR) 11.14 - 12.12 Peace After the Storm- FREE Yoga Class	9:15 - 10:15 am (PA)* Indoor Cycle	
	6 - 7 pm (PA)*\$ Yoga Nidra & Crystal Singing Bowl Sound Bath	11:30 am - 12:30 pm (TR) Reboot 60			

- (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		

**The Center is closed
Nov. 28-30**

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

Family Fun Night

Friday, November 22nd
6pm-8pm

Let's Give Thanks Together

Food, Music, Kids Zone, & more!
November 28th
12pm-4pm
Pre-register

Lester Family Fun Day

Saturday, December 7th
10:30am-2pm

Youth Flag Football

Ages 4-13
Must register by December
Season starts January 13th

Youth Cheerleading

Ages 4-10
Must Register by December 11th

Adult Flag Football

Must Register by December 10th
Season Starts January 9th

*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

NOVEMBER 2024



*The Center is closed
Nov. 28-30 in observation of
Thanksgiving. We are so
thankful for our community!*

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

Mondays | 9 am -12 pm

DBTB Cafe

Wednesdays & Fridays
7am-2pm

Fall Break Camp*

November 25th - 27th
8am-6pm
Must Pre-register. Space Limited.

Beyond The Classroom Afterschool*

K-5th Graders: Pick-up from AME

Teenie Yogini- Yoga for Girls*

Wednesdays, 4pm-5pm

Youth Art Classes*

December 2nd, 9th, & 16th
5pm-6pm
K-5th Graders

Youth Tumbling*

Thursdays (Tots 3:30pm, Beginner 4pm or
4:30pm & Advance 5pm
Classes range for age and experience

Youth Hip-Hop*

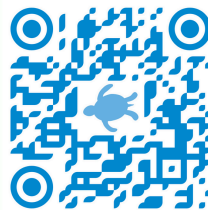
Thursdays
K-5th: 5:45 pm - 6:45 pm
6th & up: 6:45 pm - 7:45 pm

Youth Pickleball Clinic*

November 13 or 20th | 5pm-6pm
3rd - 9th Graders

Youth Basketball*

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



Support your non-profit!
Join in our campaign
and give now until
January 28th!