

Group Fitness Schedule:



NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 - 8:45 am Functional Fitness	7 - 7:45 am Active Isolated Stretching	7:45 - 8:45 am Cardio, Core & More	7:45-8:45am Barre*	7:45 - 8:45 am Balance, Core & Stretch	9 - 10 am Iron Yoga (in PA Room 11/15*)
7:45-8:45am Barre*	8 - 9 am Total Body Conditioning	8 - 9 am Vinyasa Yoga*	8 - 9 am Gutts & Butts	8:15 - 9 am Reboot*	
	9:15 - 10:15 am Pilates/Yoga Mix	9:15 - 10:15am Reboot 60*		9:15 - 10:15 am Indoor Cycle*	
9:15 - 10:15 am Vinyasa Yoga	10 - 11 am All Levels Yoga*	9:15-10:15 am Indoor Cycle*	9:15 - 10:15 am Restorative Yoga*	9:15-10:15am Cardio Power	10:15 - 11am HIIT*
9:15 - 10:15 am Cycle Sculpt*	1 - 2 pm Pedaling for Parkinson's*	9:15-10:15am Cardio Power		10:30 - 11:30 am Restorative Yoga with Reiki*	
10:30 - 11 am Body Blast*		5:30 - 6:15 pm HIIT*	10:30 - 11 am Body Blast*	9:15-10:15 am Pilates/Yoga Mix	
				11:30am-12:30pm Strength Intervals* (no class 11/6)	

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

Times, classes, & locations are subject to change

\*Must pre-register for classes held in PA & TR at the front desk or on the MemberMe+ App.

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

The Center is closed November 27-29

Open Outdoor Tennis/Pickleball Courts Schedule					
Mon	Tues	Wed	Thurs	Fri	Sat
7am-8pm	7 - 9am & 1 - 8pm	10am-8pm	1 - 8pm	7am - 7pm	8 - 10:30am & 1 - 3pm

For Open Gym Times  
Call (941) 778-1908

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

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

Tennis Legends Schedule  
  
Tues/Thurs/Sat 10:30 am - 1 pm

Personal Training Available!  
See Front Desk for more info

No Indoor Pickleball 11/8 & 11/15

Indoor Pickleball Schedule  
  
Monday-Saturday  
  
10:30 am-1 pm

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

hello@centerami.org

(941) 778-1908

www.Centerami.org

407 Magnolia Ave  
Anna Maria, FL 34216

## Full/New Moon Women's Circle\*

Full: Monday, Nov. 3 | 6-8 pm  
New: Monday, Nov. 17 | 6-8 pm

## Think Better, Live Free

Monday, Nov. 3 | 12-2 pm

## Tech U Classes

Tuesday, Nov. 11 – Beginner's  
Thursday, Nov. 13 – Q&A  
10:30-11:45 am

## Co-Ed Community Circle\*

Wednesday, Nov. 12 | 6-8 pm

## Chakra Workshop\*

Saturday, Nov. 13 & 20  
10:30 am - 12 pm

## Book Club

Monday, Nov. 17th | 1pm

## Island Photography Workshop\*

Saturday, Nov. 22  
9:30 - 11:30 am

## Massages, Cupping & Acupuncture\*

See front desk to book your appointment!

## Winter Sports\*

Registration ends in December  
Youth Flag Football, Youth Cheer, Adult Flag,  
and 35+ Adult Soccer.  
Contact [sports@centerami.org](mailto:sports@centerami.org)

# NOV 2025



The Center will be  
closed Nov. 27-29.  
We are thankful  
for you!

## Family Fun Night

Friday, Nov. 21 | 6-8pm

## Lester Family Fun Day

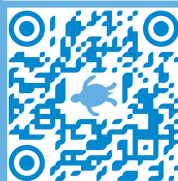
Saturday, Dec. 6 | 10:30am-2pm

## John Oates Live at The Center

Sunday, March 1

## Lighting the Path Ahead Fall Campaign

Wednesday, Nov. 12 - Monday, Jan. 12<sup>th</sup>



Scan the QR Code to support  
your non-profit & get your lantern  
to help light our path ahead!  
For more info on donating contact  
[development@centerami.org](mailto:development@centerami.org)



### Center Hours:

Monday-Thursday: 7 am - 8 pm

Friday: 7 am - 7 pm

Saturday: 8 am - 3 pm

~Times, classes, and locations  
are subject to change

\*Must pre-register

## K-5th Before & After School\*

Monday-Friday  
[youthprograms@centerami.org](mailto:youthprograms@centerami.org)

## K-5th All Day Camp\*

Tuesday, Nov. 11 | 8am-6pm  
[youthprograms@centerami.org](mailto:youthprograms@centerami.org)

## K-5th Fall Break Camp\*

Nov. 24-26 8am-6pm  
[youthprograms@centerami.org](mailto:youthprograms@centerami.org)

## Youth Cooking: Making Quesadillas\*

Monday, Nov. 17 | 4-5:30pm

## Youth Classes\* [www.centerami.org/youth/classes/](http://www.centerami.org/youth/classes/)

Youth Play & Life Skills  
Youth Speed & Conditioning Training  
Future Ace's Tennis Program  
Youth Martial Arts  
Youth Tumbling  
Youth Basketball with AMI Hoops

## Farmers Market at Roser Church

Tuesdays | 9am-2pm

## Ice Baths\*

Wednesdays | 12 pm - 1 pm



## DBTB Cafe

Wednesdays - Fridays  
8 am - 12 pm