

# Sanibel Recreation Center Fit-4-Life Healthy Heart Month February 2011 Event Calendar

*All screenings, presentations and yoga classes are complimentary. Register for certification courses at the Recreation Center. Please call the Recreation Center at (239) 472-0345 if you plan on attending any listed activity. Activity descriptions are listed on the reverse side.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>All activities are held at the Recreation Center unless specified otherwise. All listed activities are confirmed; more may be added.</i></p> <p><b>6</b></p>	<p><b>31</b> <b>Aerobics:</b> Beach Boys 10 a.m. – 11 a.m. <b>Aerobics:</b> Beach Boys 6:30 p.m. – 7:30 p.m.</p>	<p><b>1</b> <b>Shallow Water Aerobics:</b> Beach Boys 9 a.m. – 10 a.m.</p>	<p><b>2</b></p>	<p><b>3</b> <b>Heart Walk with Ding Darling Wildlife Society at Bailey Tract</b> 8:30 a.m. – 10 a.m.</p>	<p><b>4</b> <b>*Outdoor Yoga at Community Park</b> 12 p.m. – 1 p.m.</p>	<p><b>5</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>CPR/AED Course</b> 12 p.m. – 5 p.m.</p>
	<p><b>7</b> <b>Blood Pressure Screenings</b> 9 a.m. – 12 p.m. <b>Aerobics: Jimmy Buffett</b> 10 a.m. – 11 a.m. <b>Aerobics: Jimmy Buffett</b> 6:30 p.m. – 7:30 p.m.</p>	<p><b>8</b> <b>Deep Water Aerobics:</b> Jimmy Buffett 9 a.m. – 10 a.m.</p>	<p><b>9</b> <b>Body Composition Analysis</b> 12 p.m. – 2 p.m.</p>	<p><b>10</b></p>	<p><b>11</b> <b>*Outdoor Yoga at Community Park</b> 12 p.m. – 1 p.m.</p>	<p><b>12</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m.</p>
<p><b>13</b></p>	<p><b>14</b> <b>Aerobics: Reggae</b> 10 a.m. – 11 a.m. <b>Valentine's Day Fun Walk &amp; Jog at the Rec Center</b> 12 p.m. – 1 p.m. <b>Aerobics: Reggae</b> 6:30 p.m. – 7:30 p.m.</p>	<p><b>15</b> <b>Deep Water Aerobics: Reggae</b> 9 a.m. – 10 a.m.</p>	<p><b>16</b> <b>Heart Walk with SCCF "Exploring Wetlands" – \$3 per person at SCCF</b> 11 a.m. – 12 p.m.</p>	<p><b>17</b> <b>Lee Memorial Blood Mobile</b> 8:30 a.m. – 2:30 p.m.</p>	<p><b>18</b> <b>Yoga at the Recreation Center</b> 12 p.m. – 1 p.m.</p>	<p><b>19</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Vascular Screening</b> 9 a.m. – 3 p.m.</p>
<p><b>20</b></p>	<p><b>21</b> <b>Aerobics: Blue Hawaii</b> 10 a.m. – 11 a.m. <b>Aerobics: Blue Hawaii</b> 6:30 p.m. – 7:30 p.m.</p>	<p><b>22</b> <b>Deep Water Aerobics: Blue Hawaii</b> 9 a.m. – 10 a.m.</p>	<p><b>23</b> <b>Body Composition Analysis &amp; Fitness Fair</b> 12 p.m. – 4 p.m.</p>	<p><b>24</b></p>	<p><b>25</b> <b>Hearing &amp; Vision Screenings</b> 9 a.m. – 12:30 p.m. <b>Mobile Mammogram</b> 9 a.m. – 4 p.m. <b>*Outdoor Yoga at Community Park</b> 12 p.m. – 1 p.m.</p>	<p><b>26</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m.</p>
<p><b>27</b></p>	<p><b>28</b> <b>Aerobics: Island Music Mix</b> 10 a.m. – 11 a.m. <b>Aerobics: Island Music Mix</b> 6:30 p.m. – 7:30 p.m.</p>	 <p>* Indicates activity will be held at the Recreation Center during inclement weather. Daily, Weekly, Semi-Annual and Annual passes are available. Please call the Recreation Center at (239) 472-0345 for membership and event details. 3880 Sanibel-Captiva Road   Sanibel, FL 33957   (239) 472-0345   <a href="http://www.mysanibel.com">www.mysanibel.com</a></p>				