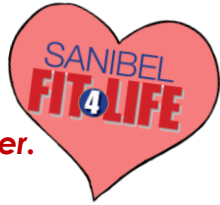
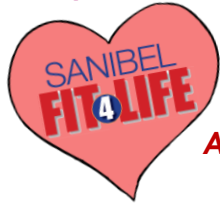


# Sanibel Recreation Center Fit-4-Life Healthy Heart Month February 2012 Event Calendar



All screenings and presentations are complimentary. Register for certification courses at the Recreation Center. Please call the Recreation Center at (239) 472-0345 for more information about the activities listed below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities are held at the Recreation Center unless specified otherwise. All listed activities are confirmed; more may be added.	<b>30</b> (Jan.)	<b>31</b> (Jan.)	<b>1</b>  Zumba Party 6 p.m. – 7:30 p.m.	<b>2</b>  American Heart Association Info Table 10 a.m. – 12 p.m.	<b>3</b>  Refuge – Indigo Trail Hike Meet at the Flagpole 10 a.m.	<b>4</b>  Backyard Games in Community Park 4:30 p.m. – 6:30 p.m.
<b>5</b>  Yoga 1 p.m. – 2 p.m.	<b>6</b>  Aerobics: Oldies 10 a.m. – 11 a.m.	<b>7</b>  Blood Pressure Screenings 9 a.m. – 12 p.m.	<b>8</b>  SCCF Guided Walk Tour “Exploring Wetlands” 10 a.m.	<b>9</b>  Intro to Chair Yoga 12:30 p.m. – 1 p.m.	<b>10</b>  Alzheimer Screening provided by Dubin Alzheimer Resource Center 9 a.m. – 11 a.m.	<b>11</b>  Power Sculpt Boot Camp 9:30 a.m. – 10:30 a.m.
<b>12</b>  1 Mile Fun Run at the Sanibel Ball Fields 11 a.m.	<b>13</b>  Aerobics: Motown 10 a.m. – 11 a.m.	<b>14</b>  Plants of the Bailey Tract Tour Meet at Bailey Tract Parking Lot 10 a.m.	<b>15</b>  Body Composition Analysis 12 p.m. – 2 p.m.	<b>16</b>  Pet First Aid Course 1 p.m. – 4 p.m.	<b>17</b>  Skin Cancer Screening Harris Dermatology 8:30 a.m. – 11:30 a.m.	<b>18</b>  Tennis Exhibition 9 a.m. – 10 a.m. Tennis Tournament 10 a.m. – 2 p.m. Bloodmobile 9 a.m. – 2 p.m.
<b>19</b>  Yoga 1 p.m. – 2 p.m.	<b>20</b> No School  Aerobics: Beach Boys 10 a.m. – 11 a.m. Mobile Mammo 11 a.m. – 7 p.m.	<b>21</b> No School  Zumba Party 11 a.m. – 1 p.m.	<b>22</b>  Blood Pressure Screenings 9 a.m. – 12 p.m.	<b>23</b>  Biking the Refuge Meet at the Flagpole 10 a.m.	<b>24</b>  Diabetes, Glaucoma, Hearing & Blood Pressure Screening Lion’s Club 9:30 a.m. – 12:30 p.m.	<b>25</b>  Power Sculpt Boot Camp 9:30 a.m. – 10:30 a.m.
<b>26</b>  Compression Only CPR 1 p.m. – 2 p.m.	<b>27</b> Aerobics: Island Mix 10 a.m. – 11 a.m. Intro to Swim Gym 4 p.m. – 5 p.m.	<b>28</b>  BOSU, Ball & Strength Boot Camp 4:15 p.m. – 5:15 p.m.	<b>29</b>  Body Composition Analysis 12 p.m. – 2 p.m.	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   www.mysanibel.com		