

10. **OLD BUSINESS**

- c. Recreation Center Updates and Request for Policy Direction
 - i. Informational Updates
 - 2. Three new contractual Fitness Programs for fall (no City funds to be expended)

News Release – For Immediate Release
September 23, 2008
City of Sanibel, FL
Contact: Sanibel Recreation Center (239) 472-0345

Build a Healthier You! Three New Ways to Get In Shape this Fall at the Sanibel Recreation Center

Stability Ball Strength Training

Every Thursday - 5:30 p.m. to 6:30 p.m. - October 2nd through January 29th

Members: \$5 per class

Non-members: \$6.25 per class

This class utilizes both free weights and the stability ball for a total body workout. Benefits include improved balance, flexibility and coordination. Stability ball and weights are supplied; please bring your own towel or mat. For more information, contact Carolyn Cooper at (239) 454-1010. To register for this class, please stop by the Recreation Center Front Desk or call (239) 472-0345.

Chi-Yoga

Every Saturday - 9 a.m. to 10 a.m. - October 4th thru April 25th

Members: \$13 per class

Non-members: \$15 per class

Call Dr. Susan Pataky at (239) 738-3856 for class registration & information

Gently build strength and stamina from the inside out. Invoke vital energy to reduce pain, heal and irrigate dry and tightly bound areas (trouble spots). Improve breathing patterns and posture. Pre-registration is not required for this class – pay instructor in person before each class begins.

Vinyasa Yoga

Every Saturday - 10:15 a.m. to 11:15 a.m. - October 4th thru April 25th

Members: \$13 per class

Non-members: \$15 per class

Call Dr. Susan Pataky at (239) 738-3856 for class registration & information

This class offers a more athletic / aerobic approach: threading mind and body with the breath in continuous movements. Fold, arch, twist, bend, invert, and leap as your rhythmic breathing sets the speed at which you move from pose to pose. Pre-registration is not required – pay instructor in person before each class begins.