

Sanibel Recreation Center

FALL FITNESS COURSE DESCRIPTION

Fit & Funky Kids

A workout to music, especially designed for youth between the ages of 8 and 12. A fun way to keep fit in a non-competitive environment. This class helps improve aerobic fitness, strength, coordination, agility and flexibility.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
8-12 yrs	Tu,F	2:45-3:45pm	Oct 2	Michelle

Low Impact Aerobics

Increase your cardio endurance in this easy to follow low impact workout that is packed with fun, easy to follow classic cardio moves like the grapevine, mambo and cha-cha. This class is perfect for seniors, beginners and those just getting back into exercise and looking for an easier pace. Individuals of all fitness levels are welcome to attend. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	M,W,F	7:15-8:15am	Oct 2	Meta

Body Sculpting

A one-hour class that focuses on strengthening and toning all major muscle groups using fitness bands, tubing and calisthenics. Exercises are based on resistance; geared to create a toned, sculpted body. Individuals of all fitness levels are welcome to attend. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	Tu,Th	10:00-11:00am	Oct 1	Ginger

Circuit Training

This class combines easy to follow, high-intensity aerobics with resistance training to target fat-loss, muscle building and cardio-respiratory fitness. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	M,W	5:30-6:30pm	Oct 5	Michelle

Cardio Boxing

This class is one of the best stress busters around and it's one of the most effective forms of cross-training available today. Packed with core conditioning movements and traditional boxing drills this class will enhance strength, agility and stamina. Move like a butterfly, sting like a bee in this fun, energizing class. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	Tu,Th	8:30-9:30am	Oct 1	Michelle

Stability Ball Workout

Bring your workout to the next level by utilizing free weights and a stability ball to target all major muscle groups! Benefits include improved balance, flexibility and coordination. Stability ball, weights and mats are supplied. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	Tu	4:15-5:15pm	Oct 6	Carolyn
12 yrs and up	Th	5:30-6:30pm	Oct 1	Carolyn

Power Pace Cycling

Start pedaling and let go as your instructor takes you on the ride of your life! This intense workout is easy to follow and will give you fast results. It's perfect for fitness enthusiasts, recreational cyclists, or serious racers. Challenge both your aerobic and anaerobic thresholds through the use of interval training. Pedal your way to peak cardio fitness on a stationary bicycle! Participants are encouraged to bring a water bottle and towel. Space is limited. Please register at the front desk 30 minutes before class begins.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date(s)	Instructor
14 yrs and up	M,W,F	8:30-9:30am	Oct 2	Meta
14 yrs and up	Tu	5:30-6:30pm	Oct 6	Dalia
14 yrs and up	Th	4:15-5:15pm	Oct 1	Meta

Cardio BOSU

This high-energy class is formatted and choreographed much like a traditional step aerobics class using the BOSU Balance Trainer. Participants will increase core strength and improve balance and muscle endurance in this fun, fat burning class. Participants are encouraged to bring a water bottle and towel. Space is limited. Please register at the front desk 30 minutes before class begins.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	M,F	4:15-5:15pm	Oct 2	Michelle

BOSU Strength

Take strength training to the next level with this total body workout using the BOSU balance trainer, a multidimensional training device that integrates core training, sports training and balance training. Participants are encouraged to bring a water bottle and towel. Space is limited. Please register at the front desk 30 minutes before class begins.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date(s)	Instructor
12 yrs and up	Tu,Th	7:15-8:15am	Oct 1	Michelle
12 yrs and up	We	4:15-5:15pm	Oct 7	Carolyn
12 yrs and up	Sa	8:30-9:30am	Oct 3	Michelle

Rookie Fitness

If you're new to group fitness classes or haven't taken one for a while, this is the class for you. Lower impact, lower intensity and slower moves will ensure a total body workout at an easy to follow pace. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	Tu,Th	5:30-6:30pm	Oct 1	Michelle

Hi - Low Impact Aerobics

Increase your cardio endurance and burn off the fat in this easy to follow multi-impact workout that is packed with classic cardio moves like the grapevine, mambo and cha-cha. Class also includes some strength training, floor work and flexibility training. Individuals of all fitness levels are welcome to attend. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	M,W,F	10:00-11:00am	Oct 2	Meta

Pilates Class

This class will help participants build a stronger core (abdominals and back) by working from the inside out! Develop muscle strength and increased flexibility, improve posture and body awareness and learn how to move the body as an integrated whole. This program appeals to a wide spectrum of ages and fitness level. Participants are encouraged to bring a water bottle and towel.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	Tu,Th	6:30-7:30pm	Oct 1	Holly

Shallow Water Aerobics

Our Water Aerobics classes are ideal for men and women of all fitness levels. Working out in the pool is a safe and effective choice of exercise using a variety of resistance equipment.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date(s)	Instructor
12 yrs and up	M,W,F	9:00-10:00am	Oct 2	Aquatics Staff
12 yrs and up	Tu,Th	12:00-1:00pm	Oct 1	Aquatics Staff
12 yrs and up	Sa	10:30-11:30am	Oct 3	Aquatics Staff

Deep Water Aerobics

This class is held in the lap pool for participants who desire a low-impact workout in cooler, deeper water.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date(s)	Instructor
12 yrs and up	M,W,F	10:30-11:30am	Oct 2	Aquatics Staff
12 yrs and up	Tu,Sa	9:00-10:00am	Oct 3	Aquatics Staff

Aqua Jogging

This specialized class is held in the lap pool for those who desire a low-impact cardiovascular workout in deeper water while utilizing aqua jogging equipment such as belts and ankle resistance.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	Th	9:00-10:00am	Oct 1	Aquatics Staff

Water Pilates

This program creatively adapts Pilates exercises for the pool. Build a stronger core (abdominals and back) by working from the inside out! Develop muscle strength and increased flexibility, improve posture and body awareness and learn how to move the body as an integrated whole. This program appeals to a wide spectrum of ages and fitness level.

Location: Recreation Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
12 yrs and up	Tu,Th	10:30-11:30am	Oct 1	Aquatics Staff

Senior H.A.P.P.Y. Hour Fitness

An Hour of low-impact Aerobics, Pilate Positions for core strength, and Yoga for flexibility.

Location: Senior Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
50 yrs and up	M,W,F	8:00-9:00am	Oct 19	Staff

Senior Essential Total Fitness

An hour of low-impact aerobics, muscle strengthening and flexibility training using hand weights, stretch cords and stability balls.

Location: Senior Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
50 yrs and up	M,W,F	9:00-10:00am	Oct 2	Staff
50 yrs and up	M,W,F	9:30-10:30am	Oct 19	Staff

Senior Power Hour Fitness

An hour of muscle strengthening and lengthening using hand weights, stretch cords, stability balls and mats.

Location: Senior Center
Member Fees: Included with Membership

Age	Day	Time	Start Date	Instructor
50 yrs and up	Tu,Th	8:00-9:00am	Nov 3	Staff
