

# Sanibel Recreation Center Weekly Schedule

Week of January 4, 2010 – January 10, 2010

**Starting January 10, the Recreation Center will open at 8 a.m. on Sundays!**

## WEIGHT ROOM & TENNIS COURTS

Monday – Thursday: 6:30 a.m. – 8 p.m.  
Friday: 6:30 a.m. – 6:30 p.m.  
Saturday & Sunday: 8 a.m. – 5 p.m.

## GYMNASIUM

Monday – Wednesday:  
6:30 a.m. – 7:15 a.m., 11 a.m. – 2 p.m. & 5 p.m. – 8 p.m.  
Thursday:  
6:30 a.m. – 7:15 a.m. & 11 a.m. – 2 p.m.  
Friday:  
6:30 a.m. – 7:15 a.m., 11 a.m. – 2 p.m. & 5 p.m. – 6:30 p.m.  
Saturday & Sunday: 8 a.m. – 5 p.m.

## LAP POOL

Monday – Thursday: 6:30 a.m. – 7 p.m.  
Friday: 6:30 a.m. – 6:30 p.m.  
Saturday & Sunday: 8 a.m. – 5 p.m.

## GAME / TEEN ROOM

Monday – Thursday: 6:30 a.m. – 2 p.m. & 6:30 p.m. – 8 p.m.  
Friday: 6:30 a.m. – 2 p.m.  
Saturday & Sunday: 8 a.m. – 5 p.m.

## EXERCISE POOL, KIDDIE POOL & SPLASH PAD

Monday – Friday: 2 p.m. – 5 p.m.  
Saturday & Sunday: Noon – 5 p.m.

## SLIDE

Saturday & Sunday: Noon – 5 p.m.

**NEW!**

**EXPANDED SUNDAY HOURS STARTING JANUARY 10: THE ENTIRE FACILITY, INCLUDING THE WEIGHT ROOM, TENNIS COURTS GYM & POOL WILL BE OPEN AT 8 A.M. MEET YOUR NEW YEAR'S RESOLUTIONS EVERY DAY OF THE WEEK!**

## Sanibel Recreation Center New & Upcoming Programs

### Power Pace Cycling

Included with membership; day pass required for non-members



***Power Pace Cycling is now available with more bikes, six days a week!***

**Monday – Saturday, from 8:30 a.m. – 9:30 a.m.**

**Tuesdays, from 5:30 p.m. – 6:30 p.m. & Thursdays, from 4:15 p.m. – 5:15 p.m.**

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 on a stationary bicycle! Participants are encouraged to bring a towel. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. Available to individuals age 14 and older.



### Free Blood Pressure Screenings

A complimentary service provided by the Sanibel Fire District

***Free blood pressure screenings at the Sanibel Recreation Center!***

**Monday, January 4 from 9 a.m. – Noon**

According to the American Heart Association, about one in three U.S. adults have high blood pressure and most are unaware of the condition. Find out if you're at risk with a complimentary screening provided by the Sanibel Fire District. Screenings are offered as a first step in determining if professional health care is needed. No appointment necessary – walk-ins are welcome!



### Pick-up Dodgeball

Included with membership; day pass required for non-members

***Bring your family and friends for a friendly game of flying foam fun!***

**Mondays, from 6 p.m. – 8 p.m.**

A fast-paced game of flying foam fun! Pick-up Dodgeball provides an excellent cardio workout; improving reflexes, stamina and agility. All equipment is provided. Games are organized by participants. Participants must be at least 14 years old. Closed-toe footwear is required.

### Youth Karate

Lessons twice a week:

\$80 / per child for members

\$100 / per child for non-members

***Lessons begin January 11, 2010 – register now!***

**Lessons are available once or twice a week:**

**Mondays & Thursdays, from 2:45 p.m. – 3:45 p.m.**

A fun, safe, and structured martial arts program that focuses on more than self-defense: improve your child's health and self-confidence! The last lesson for this session will be Thursday, February 4. Available to youth in grades K through 8. Call Kurokawa Martial Arts at (239) 482-4489 for class information. Register at the Recreation Center's front desk.



**SANIBEL  
FIT 4 LIFE**

### **Sanibel Recreation Center**

3880 Sanibel-Captiva Road  
Sanibel, FL 33957  
(239) 472-0345  
www.mysanibel.com

# Sanibel Recreation Center Fitness Class Schedule – Included with Membership

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 a.m.	Low–Impact Aerobics	BOSU Strength	Low–Impact Aerobics	BOSU Strength	Low–Impact Aerobics	
8:30 a.m.	Power Pace Cycling	Power Pace Cycling	Power Pace Cycling	Power Pace Cycling	Power Pace Cycling	Power Pace Cycling
9:00 a.m.	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Aqua Jogging	Shallow Water Aerobics	BOSU Strength ----- Deep Water Aerobics
10:00 a.m.	Hi–Low Impact Aerobics	Body Sculpting	Hi–Low Impact Aerobics	Body Sculpting	Hi–Low Impact Aerobics	Power Yoga
10:30 a.m.	Deep Water Aerobics	Water Pilates	Deep Water Aerobics	Water Pilates	Deep Water Aerobics	Shallow Water Aerobics
12:00 p.m.	Hatha Flow Yoga	Shallow Water Aerobics		Shallow Water Aerobics	Hatha Flow Yoga	
2:45 p.m.		Fit & Funky Kids			Fit & Funky Kids	
4:15 p.m.	BOSU Step	Stability Ball	BOSU Strength	Power Pace Cycling		Recreation Center closes at 5:00 p.m.
5:30 p.m.	Cardio Boxing	Power Pace Cycling ----- Circuit Training	Sampoorna Yoga	Stability Ball		Closed
6:30 p.m.		Pilates Class	Salsa Aerobics	Pilates Class	Recreation Center closes at 6:30 p.m.	Closed

Daily, Weekly, Semi-Annual and Annual passes are available. Please call the Recreation Center at (239) 472-0345 for membership details.



**Sanibel Recreation Center**  
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Listed class times are effective  
**Jan. 4, 2010 through Jan. 10, 2010.**

# Sanibel Recreation Center Fitness Classes – Included with Membership

## Low-Impact Aerobics

*Included with membership; day pass required for non-members*

### **Mondays, Wednesdays & Fridays, from 7:15 a.m. – 8:15 a.m.**

Increase your cardio endurance in this easy-to-follow low-impact workout that is loaded with fun 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 towel. Advanced registration is not required. Available to individuals age 12 and older.



## Shallow Water Aerobics

*Included with membership; day pass required for non-members*

### **Mondays, Wednesdays & Fridays, from 9 a.m. – 10 a.m.**

### **Tuesdays & Thursdays, from Noon – 1 p.m.**

### **Saturdays, from 10:30 a.m. – 11:30 a.m.**

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. This class is held in the leisure pool for participants who desire a low-impact workout in warmer, shallower water. Advanced registration is not required. Available to individuals age 12 and older.

## Hi-Low Impact Aerobics

*Included with membership; day pass required for non-members*

### **Mondays, Wednesdays & Fridays, from 10 a.m. – 11 a.m.**

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. Instruction 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 towel. Advanced registration is not required. Available to individuals age 12 and older.

## Deep Water Aerobics

*Included with membership; day pass required for non-members*

### **Mondays, Wednesdays & Fridays, from 10:30 a.m. – 11:30 a.m.**

### **Tuesdays & Saturdays, from 9 a.m. – 10 a.m.**

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. This class is held in the lap pool for participants who desire a low-impact workout in cooler, deeper water. Advanced registration is not required. Available to individuals age 12 and older.

## Hatha Flow Yoga

*Included with membership; day pass required for non-members*

### **Mondays & Fridays, from Noon – 1 p.m.**

Hatha Flow Yoga is an all-level yoga class that focuses on guiding the student through asanas (physical exercises), postures and breathing exercises to reduce stress and rejuvenate the body. Instruction is tailored for all skill levels, offering a personalized experience within a group setting. Participants are encouraged to bring a mat and towel. Advanced registration is not required. Available to individuals age 12 and older.

## BOSU Step

*Included with membership; day pass required for non-members*

### **Mondays, from 4:15 p.m. – 5:15 p.m.**

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 towel. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. Available to individuals age 12 and older.

## Cardio Boxing

*Included with membership; day pass required for non-members*

### **Mondays, from 5:30 p.m. – 6:30 p.m.**

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 towel. Advanced registration is not required. Available to individuals age 12 and older.



# Sanibel Recreation Center Fitness Classes – Included with Membership

## BOSU Strength

*Included with membership; day pass required for non-members*

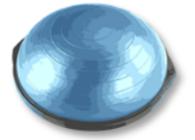


**Tuesdays & Thursdays, from 7:15 a.m. – 8:15 a.m.**

**Wednesdays, from 4:15 p.m. – 5:15 p.m.**

**Saturdays, from 9 a.m. – 10 a.m.**

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 towel. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. Available to individuals age 12 and older.



## Body Sculpting

*Included with membership; day pass required for non-members*

**Tuesdays & Thursdays, from 10 a.m. – 11 a.m.**

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 towel. Advanced registration is not required. Available to individuals age 12 and older.

## Water Pilates

*Included with membership; day pass required for non-members*

**Tuesdays & Thursdays, from 10:30 a.m. – 11:30 a.m.**

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 levels. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. Available to individuals age 12 and older.

## Fit & Funky Kids

*Included with membership; day pass required for non-members*

**Tuesdays & Fridays, from 2:45 p.m. – 3:45 p.m.**

A workout to music, especially designed for youth ages 8 through 12. A fun way to keep fit in a non-competitive environment. This class helps improve aerobic fitness, strength, coordination, agility and flexibility. Advanced registration is not required.



## Stability Ball Workout

*Included with membership; day pass required for non-members*

**Tuesdays, from 4:15 – 5:15 p.m.**

**Thursdays, from 5:30 p.m. – 6:30 p.m.**

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 towel and athletic footwear. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. Available to individuals age 12 and older.

## Circuit Training

*Included with membership; day pass required for non-members*

**Tuesdays, from 5:30 p.m. – 6:30 p.m.**

This class provides an aerobically challenging workout that's suitable for all experience levels. Exercise at your own pace in a non-choreographed, noncompetitive environment! Each exercise is performed for less than one minute in an easy-to-follow, rotating format. Participants are encouraged to bring a towel. Advanced registration is not required. Available to individuals age 12 and older.

## Pilates Class

*Included with membership; day pass required for non-members*

**Tuesdays & Thursdays, from 6:30 p.m. – 7:30 p.m.**

A fun Pilates class designed for beginners: build core strength, flexibility and gain awareness of your body as a whole through a series of floor mat exercises. Each part of the body is targeted using principles of control, centering, concentration, breath, flow and precision. Participants are encouraged to bring a towel. Advanced registration is not required. Available to individuals age 12 and older.



## Sanibel Recreation Center Fitness Classes – Included with Membership

### Sampoorna Yoga

*Included with membership; day pass required for non-members*



### **Wednesdays, from 5:30 p.m. – 6:30 p.m.**

Sampoorna Yoga – the “yoga of fullness.” This class includes breathing exercises, warm-up and strengthening exercises, followed by an intelligent flow of yoga postures that work on all the systems of the body. Students will notice increased vitality, flexibility, strength, and most of all, peace of mind. Individuals of all skill levels are welcome to attend. Participants are encouraged to bring a mat and towel. Advanced registration is not required. Available to individuals age 12 and older.

### Salsa Aerobics

*Included with membership; day pass required for non-members*

### **Wednesdays, from 6:30 p.m. – 7:30 p.m.**

A sizzling, Zumba-inspired workout that moves to Latin and international music beats. Participants will learn fun Latin dance steps for an exhilarating aerobic experience that finishes with an amazing abdominal workout. Participants are encouraged to bring a towel. Advanced registration is not required. Available to individuals age 12 and older.



### Aqua Jogging

*Included with membership; day pass required for non-members*

### **Thursdays, from 9 a.m. – 10 a.m.**

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. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. Available to individuals age 12 and older.

### Power Yoga

*Included with membership; day pass required for non-members*

### **Saturdays, from 10 a.m. – 11 a.m.**

Power Yoga is an athletic combination of strength challenges and flexibility training for a balanced yoga workout. The class flows through a series of standing postures and floor work, finishing with a rejuvenating Savasana pose. Participants are encouraged to bring a mat, drinking water and a towel. Advanced registration is not required. Available to individuals age 12 and older.

## Sanibel Recreation Center Programs

### Private Tennis Instruction

*\$30 for a half-hour lesson  
\$60 for an hour lesson*

### **Youth Lessons are now available at a new time!**

**Adult Lessons: Tuesdays & Thursdays, from 8 a.m. – 10 a.m.**

**Youth Lessons: Tuesdays & Fridays, from 2:30 p.m. – 5 p.m.**

Learn to improve stroke technique, footwork and overall strategy through professional instruction! Lessons are open to all ages. Sign up with your doubles partner, spouse, a friend or two, split the cost and increase the fun! Up to four individuals can be registered for a single lesson. Register at the Recreation Center's front desk.



### Round Robin Tennis

*\$10 per person*



### **Tuesdays & Thursdays, from 10 a.m. – Noon**

Enjoy tournament-style play and meet fellow tennis players in the process! Tennis Pro Jeffrey Boston organizes all matches. Registration includes a demonstration of doubles tactics and doubles play. Please register in advance at the Recreation Center's front desk as space is limited.

### Pick-up Basketball

*Included with membership; day pass required for non-members*

### **The next Thursday game will be played January 14, from 6 p.m. – 8 p.m.**

**Tuesdays from 6 p.m. – 8 p.m. & Sundays, from 1 p.m. – 3 p.m.**

Pick-up Basketball provides an excellent cardio workout; improving stamina, reflexes and balance. All equipment is provided. Games are organized by participants. Participants must be at least 14 years old. Closed-toe footwear is required.

### Pick-up Softball

*Games are played at the Sanibel ball fields*

### **Men's Over 44 Games: Mondays, from 6:15 p.m. – 8 p.m.**

Games are held year-round and weather permitting at the Sanibel ball fields. Bring a softball glove and athletic footwear.



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## Sanibel Recreation Center Programs

### Masters Swimming

Members:

\$50 / year

Non-members:

\$63 / year

**Mondays, Wednesdays & Fridays from 4 p.m. – 5 p.m.**

Masters Swimming is a program for serious swimmers, ages 18 and over, designed to improve technique and build endurance. \*\*



### Private Swim Lessons

Members:

\$20 per 30 min.

Non-members:

\$25 per 30 min.

**Mondays, Wednesdays, & Fridays from 10:30 a.m. – 12:30 p.m.**

**Sundays: Noon – 5 p.m.**

Instruction is available to all ages and is tailored to the participant's goals and needs: from basic swim instruction to improving stroke efficiency and endurance. Private swim lessons are scheduled on an individual basis by the Recreation Department's Aquatics Staff. \*\*

### Private Water Fitness Instruction

Members:

\$20 per 30 min.

Non-members:

\$25 per 30 min.

**Mondays, Wednesdays, & Fridays from 10:30 a.m. – 12:30 p.m.**

**Sundays: Noon – 5 p.m.**

Instruction is tailored to the participant's goals and needs: from basic to advanced shallow water aerobics, deep-water aerobics and aqua jogging. Private Water Fitness Instruction is available to all ages and is scheduled on an individual basis by the Recreation Department's Aquatics Staff. \*\*

### Youth Lap Swim Program

Members:

\$50 / child

Non-members:

\$62.50 / child

**Tuesday & Thursday from 4 p.m. – 5 p.m.**

The Youth Lap Swim Program provides instructional lap swimming for youth ages 5 through 18. Participants must be able to swim 25 consecutive yards. The program continues through April. \*\*



**\*\*Aquatic programs require a minimum air temperature of 65° and a minimum water temperature of 80°. The aquatics area will be closed when the air temperature is less than 60°.**

Daily, Weekly, Semi-Annual and Annual passes are available.  
Please call the Recreation Center at (239) 472-0345 for membership details.

## Island Seniors New & Upcoming Programs

### Kayak Outings

For details, including fees, call the Senior Center at (239) 472-5743.

**A new way to experience Sanibel's waterways and coastal areas!**

**Tuesday, January 5 at 8:30 a.m. Meeting at the Senior Center prior to departure.**

An excellent way to get exercise and enjoy Sanibel's beauty – from the water! Bring your own kayak or borrow one from the Senior Center. An on-island kayaking location will be announced for each trip. Please register a day before the listed Outing date. Call the Senior Center at (239) 472-5743 for registration, trip requirements and carpooling options.



### Discovering Florida Day Trip

For details, including fees, call the Senior Center at (239) 472-5743

**Exciting displays of textiles, tapestries and patterns by local artists!**

**Visiting the Southwest Florida Quilt Show at the Lee Civic Center on Friday, January 8**

Join us in supporting Island Seniors Inc. member Nancy Jones, member and chair of this event. Attendees will view the quilts in the morning and stop for lunch before returning to Sanibel. Over 250 quilts will be judged in an open show. On-site quilt appraisals will also be available. The Merchant's Mall will have over 40 vendors with special exhibits, art quilts, demonstrations, and door prizes. Please call the Senior Center at (239) 472-5743 for registration, carpooling options and departure times.



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## Island Seniors Programs

### Florida Repertory Theater Performance

For details, including fees, call the Senior Center at (239) 472-5743.

### Free Diabetes Screenings

A complimentary service provided by the Sanibel Captiva Lions Club



### “What’s a Spreadsheet?”

For details, including fees, call the Senior Center at (239) 472-5743.

### Bridge, Hand and Foot & Mahjong

For details, including fees, call the Senior Center at (239) 472-5743.

### Happy Hour Fitness

For details, including fees, call the Senior Center at (239) 472-5743.

### Meditation with Karl Rodman

For details, including fees, call the Senior Center at (239) 472-5743.

### ***A climactic play of orchestral tension and human emotion takes the stage!***

**Meeting at the Florida Repertory Theater Saturday, January 9 at 2 p.m.**

*Opus*, a gripping new drama by Michael Hollinger, tells the tale of a renowned string quartet's efforts to learn Beethoven's masterpiece, *Opus 131*, in a few short days. The rehearsal room takes center stage as personalities and passions, frustrations and fears collide to a crescendo in an elegant, provocative story as rich and powerful as its music. Please call the Senior Center in advance at (239) 472-5743 for ticket and carpooling options.



### ***Offering a preventive measure against impaired vision!***

**Monday, January 11 from Noon – 3 p.m. at the Senior Center**

Diabetic eye disease is a common condition amongst adults that often goes unnoticed. Early treatment, if determined necessary through a Lions Club screening, is vital in preventing vision loss. The Lions' diabetic screening procedure uses a tiny drop of blood extracted with an almost painless prick of the finger, which is then read by a blood glucose meter within a few seconds. Lions' screeners have been trained and certified by a doctor and use all appropriate methods to insure antiseptic conditions and privacy during the screening. Screenings are appropriate for both children and adults. Please reserve a time for your free screening by calling the Senior Center at (239) 472-5743.

### ***Find out how to organize your post-holiday finances using spreadsheets!***

**A two-session computer workshop at the Senior Center:**

**Monday, January 11 & Wednesday, January 13 from 1 p.m. – 3 p.m.**

Are you new to spreadsheets but not new to Windows? Learn how to create effective spreadsheets using Microsoft Works and Excel. Surprisingly, spreadsheets can be fun and a great organizational tool! These two sessions introduce working with rows and columns to keep track of everything from your checkbook to shopping lists. Please call the Senior Center at (239) 472-0345 in advance to register.

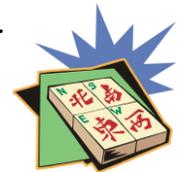
### ***All games start at a 1 p.m. as of Monday, January 4.***

**Bridge for Fun: Mondays & Wednesdays at 1 p.m. at the Senior Center**

**Hand and Foot: Tuesdays at 1 p.m. at the Senior Center**

**Mahjong: Thursdays at 1 p.m. at the Senior Center**

Prizes are awarded! All materials are supplied.



**Mondays, Wednesdays & Fridays, from 8 a.m. – 9 a.m. at the Senior Center**

Start off your day in the right frame of mind with a joke from one of the Happy Hour participants! Strengthen your heart with a half-hour of low-impact, classic cardio moves followed by strength, balance and flexibility exercises with simple yoga poses and Pilates positions on a provided mat. Each class ends with a positive thought for the day. Participants are encouraged to bring a towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

**Mondays, Wednesdays & Fridays at 8:30 a.m. at the Senior Center**

Meditation, with its power to relax the soul and relieve stress, has become a popular concept in America for all faiths and philosophical backgrounds. While this is primarily intended for those who are seeking a group with which to meditate, those with no experience are equally welcome. If you have any questions, please e-mail Karl at karlrod@aol.com.



## Island Seniors Programs

### Essential Total Fitness

For details, including fees, call the Senior Center at (239) 472-5743.

### Gentle Yoga

For details, including fees, call the Senior Center at (239) 472-5743.

### Power Hour Fitness

For details, including fees, call the Senior Center at (239) 472-5743.

### “Waist” Management

For details, including fees, call the Senior Center at (239) 472-5743.

### **Monday – Friday, from 9:30 a.m. – 10:30 a.m. at the Senior Center**

A half-hour of low impact cardio exercise to strengthen your heart followed by strength and endurance training using weights and stretch cords while seated on a stability ball or chair. No floor mat work involved. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.



### **Mondays & Wednesdays, from 11 a.m. – Noon at the Senior Center**

Gentle Yoga is designed to stretch, tone and strengthen the body while improving flexibility, proper alignment and circulation. Class exercises make use of chairs and mats in order to meet the needs of varying experience levels. Participants are encouraged to bring a mat and towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

### **Tuesdays & Thursdays, from 8 a.m. – 9 a.m. at the Senior Center**

Gain strength in all of your muscles with a power hour of fitness every Tuesday and Thursday morning! Hand weights, stretch cords and stability balls along with mats will be used to strengthen and lengthen your muscles. Improve your core strength and balance by attending this class. Participants are encouraged to bring a towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

### **Fridays at 11 a.m. at the Senior Center**

Island Seniors Inc. members Eileen Kehoe and Sandi McDougall will be on hand to assist you with keeping the holiday pounds off while introducing you to new and healthy food choices. They will present new delicacies to taste and new information to absorb. Please call the Senior Center at (239) 472-5743 for supply and registration details.



**The Senior Center is located at 2401 Library Way. Please call the Senior Center at (239) 472-5743 for Island Seniors Program information.**



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