

Sanibel Recreation Center Weekly Schedule

Week of January 11, 2010 – January 17, 2010

The Recreation Center now opens 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 – Thursday:
6:30 a.m. – 7:15 a.m., 11 a.m. – 2 p.m. & 5 p.m. – 8 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.



EXPANDED SUNDAY HOURS: THE WEIGHT ROOM, GYM, LAP POOL, TENNIS COURTS AND GAME ROOM NOW OPEN AT 8 A.M. FREE DIABETES SCREENINGS AT THE SENIOR CENTER ON MONDAY, JANUARY 11. SEE PAGE 6 FOR DETAILS!

Sanibel Recreation Center New & Upcoming Programs

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.



Fun Days

Youth Program

Members:

\$20 / child per day

Non-members:

\$25 / child per day



This month, three Fun Days full of youth games, crafts and special activities are available!

Register for individual days or all three at the Recreation Center's front desk.

Monday, January 18, Monday, January 25 & Tuesday, January 26 from 8 a.m. – 5:30 p.m.

Register your child now for an exciting day of athletic games, craft projects and special entertainment! Enrollment is available for children in kindergarten through eighth grade. Fun Days operate from 8 a.m. – 5:30 p.m. Extended Care is available for families needing continued supervision until 6:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks are provided. Please register in advance at the Recreation Center's front desk.

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.

Salsa Aerobics

Included with membership; day pass required for non-members

Stay warm during Florida's cooler months with a sizzling cardio workout!

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.



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3880 Sanibel-Captiva Road
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(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.



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Listed class times are effective
 Jan. 11, 2010 through Jan. 17, 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.



Power Pace Cycling

Included with membership; day pass required for non-members

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.



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.

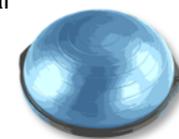
Hatha Flow Yoga is an all-level yoga class that focuses on guiding the student through asanas (physical exercises), postures and breathing exercises to reduce stress and rejuvenate the body. Instruction is tailored for all skill levels, offering a personalized experience within a group setting. Participants 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.



Sanibel Recreation Center Fitness Classes – Included with Membership

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.



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.

Sanibel Recreation Center Fitness Classes – Included with Membership

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.



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.

YOGA

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

Teen Scene “Racquet Night”

Included with membership; day pass required for non-members

A fun night of badminton, pickleball and tennis for sixth, seventh and eighth graders!

Monday, January 25 from 7 p.m. – 9 p.m.

Net some excitement with a variety of racquet sports with your friends at the Recreation Center! Indoor badminton and pickleball games will be accompanied by music in the gymnasium. If the weather permits, a round of “Night Light Tennis” will be played on the courts. All equipment is provided. Closed-toe footwear is required. Healthy snacks and refreshments will be served. This event, open to youth in grades six through eight, is organized and supervised by Recreation Center staff members. For more information on the Teen Scene or this event, please call the Recreation Center at (239) 472-0345.



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.

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.



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Sanibel Recreation Center Programs

Pick-up Basketball

Included with membership; day pass required for non-members

Tuesdays & Thursdays, 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.

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

Free Diabetes Screenings

A complimentary service provided by the Sanibel Captiva Lions Club



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.



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Island Seniors New & Upcoming Programs

"What's a Spreadsheet?"

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



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.



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 12 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.

Hiking the Beaches of Sanibel

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

Enjoy Sanibel's scenic beaches by hiking with friends!

Orientation meeting scheduled for Thursday, January 14 at 8:15 a.m.

Island Seniors Inc. members Ginger McKay & Jane Hogg are co-chairing the 6th Annual Hiking the Beaches of Sanibel. Hiking will take place every Thursday from January 21 through February 18. The program offers a great way to see the Island, meet new friends and get some exercise! Please call the Senior Center at (239) 472-5743 if you plan on attending.

"Hands-On with Facebook" Computer Workshop

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

Learn how to stay in touch with friends and family through Facebook!

Friday, January 15 from 1 p.m. – 3 p.m. at the Senior Center

Susan Hanna leads a hands-on presentation about social networking websites with a focus on Facebook. Learn to create a user profile, find and chat with friends and family, share pictures, links and much more! If Facebook were a country, it would now have the third largest population in the world with 350 million active users! Please call the Senior Center at (239) 472-5743 for registration details.

Coping with Life Series

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

Life begins after retirement: a first-hand account of hiking through the Alps!

Friday, January 22 at 1:30 p.m. at the Senior Center

Gudrin and Peter Seffert, authors of *Easy Hiking in the Alps*, visit the Senior Center to discuss their experiences hiking from France to Austria on foot. As a retirement project, Gudrin and Peter journeyed over 1300 miles over several years, one month at a time, during the summer months. Slides, stories and collected travel memorabilia will be presented by the adventurers. Please call the Senior Center at (239) 472-5743 if you plan on attending.

Bridge, Hand and Foot & Mahjong

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

Hand and Foot players needed: organizational meeting scheduled for Tuesday, 19 at the Senior Center. Call the Senior Center at (239) 472-5743 for details.

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.

Happy Hour Fitness

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

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.



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Island Seniors Programs

Meditation with Karl Rodman

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

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.



Essential Total Fitness

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.

Gentle Yoga

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

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.

Power Hour Fitness

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

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.

“Waist” Management

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

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 pounds away 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 will be closed Monday, January 18 in observance of Martin Luther King, Jr. Day. 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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