

# Sanibel Recreation Center Weekly Schedule

Week of January 18, 2010 – January 24, 2010

**Open Monday, January 18 with regular operating hours and fitness classes!**

## 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.

## 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.

## 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.

## 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.

## 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.



**DON'T FORGET TO REGISTER FOR FUN DAYS – NO SCHOOL MONDAY, JANUARY 18. EXPANDED SUNDAY HOURS: THE WEIGHT ROOM, POOLS, GYMNASIUM AND TENNIS COURTS ARE NOW AVAILABLE AT 8 A.M. TEEN SCENE RACQUET NIGHT NEXT MONDAY, JANUARY 25.**

## Sanibel Recreation Center New & Upcoming Programs

### Fun Days

#### Youth Program

Members:  
\$20 / child per day  
Non-members:  
\$25 / child per day

**Register for individual Fun 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.

### Power Pace Cycling

Included with membership; day pass required for non-members



**Develop and tone muscles through stationary cardio training 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.



### 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.

### Body Composition Analysis

A complimentary screening open to members and non-members

**See how you've progressed with your New Year's resolution at this free screening!**

**Wednesday, January 27 from Noon – 2 p.m.**

Body composition is an important component in determining one's fitness level and overall health. Discover your body's ratio of body fat to lean body mass. Please schedule your appointment prior to working out to ensure accurate test results. To sign up, please stop by the front desk or call the Recreation Center at (239) 472-0345.



### 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**  
 3880 Sanibel-Captiva Road  
 Sanibel, FL 33957  
 (239) 472-0345  
[www.mysanibel.com](http://www.mysanibel.com)

Listed class times are effective  
**Jan. 18, 2010 through Jan. 24, 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.



## Circuit Training

*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.

## Stability Ball Workout

*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

### Free Blood Pressure Screenings

A complimentary service provided by the Sanibel Fire District

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

#### **Monday, February 1 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.

### 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.

### 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.



### **Sanibel Recreation Center**

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

# Sanibel Recreation Center Programs

## Youth Karate

Lessons twice a week:  
\$80 / per child for members  
\$100 / per child for non-members

Lessons are available once or twice a week:  
**Mondays & Thursdays, from 3 p.m. – 4 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.



## Private Tennis Instruction

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

**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.

## 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, including open lap swim, 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.



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

## Island Seniors New & Upcoming Programs

### Kayak Outings

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.

### Hiking the Beaches of Sanibel

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

### Coping with Life Series

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

### Leisure Lunchers & Discount Shopping

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

### First Steps with Digital Photos

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.



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

**Tuesday, January 19 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.

### ***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.



### ***Enjoy Sanibel's scenic beaches by hiking with friends!***

**Thursday, January 21 at 8:15 a.m. Meeting at the Senior Center prior to departure.**

Island Seniors Inc. members Ginger McKay & Jane Hogg are co-chairing the 6<sup>th</sup> 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 and meet new friends while exercising! Please call the Senior Center at (239) 472-5743 for registration, transportation and hike location information.

### ***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.

### ***Lunch and bargain hunting with your Island Seniors friends!***

**Meeting at the Pizza Fusion restaurant on Thursday, January 21 at 11:30 a.m.**

Meet new people, visit old friends and enjoy a great lunch at this month's selected dining locale, the Pizza Fusion restaurant in Fort Myers! Pizza Fusion offers fresh, organic and Earth-friendly pizza. Buy your own lunch and then go exploring for the best deals at Once Again thrift store and consignment stores! Once Again thrift store will be visited during this outing. Register and view the restaurant menu at the Senior Center; 2401 Library Way.

### ***Discover how to share lasting memories with your friends and family!***

**Monday, January 25 from 1 p.m. – 3 p.m. at the Senior Center**

This "first look" seminar will get you started on a way to get those photos out of your digital camera and into an album or sent to your family and friends! Learn how to organize, print and share digital photo files and manage memory cards. This is a single-session seminar. Register in advance by calling 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.



### **Sanibel Recreation Center**

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

## 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.**



**SANIBEL  
FIT 4 LIFE**

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