Sanibel Recreation Center Weekly Schedule

Week of January 25, 2010 – January 31, 2010

Two Fun Days, Teen Scene "Raquet Night" & Over 40 Fitness Classes This Week!

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.

SEE ATTACHED FEBRUARY 2010 HEALTHY HEART EVENTS: COMPLIMENTARY SCREENINGS, HEART WALKS, HEALTH & WELL-BEING PRESENTATIONS, BEACH YOGA AND FITNESS CLASSES THROUGHOUT FEBRUARY!

Sanibel Recreation Center New & Upcoming Programs

Fun Days Youth Program
Members:
$20 / child per day
Non-members:
$25 / child per day

Full-day youth activities for children in grades K through 8 when school is out!
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.

Stability Ball Workout
Included with membership; day pass required for non-members

Tighten and sculpt muscles at your own pace using callisthenic exercises with stability balls!
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.

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

Two complimentary screening opportunities available in February!
Wednesday, February 10 & Wednesday, February 24 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 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.

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Listed class times are effective Jan. 25, 2010 through Jan. 31, 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.

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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.

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

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!

American Red Cross CPR/AED Certification Course
$50 for members
$62.50 for non-members
Includes all materials

Essential life saving skills for the workplace, at home and everywhere in between!
Saturday, February 6 from Noon – 5 p.m.
This certification course provides participants with the knowledge and skills necessary to sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Participants will receive a manual and materials needed to complete the course. Skills acquired in this course cannot be applied to a life guard certification. Certification is valid for two years. For more information, call the Recreation Center at (239) 472-0345.

Adult Co-Ed Softball League
Registration is $495 per team

Register your team by Tuesday, February 9. Games begin Wednesday, February 17.
Games are played Wednesday evenings at the Sanibel ball fields.
Join your friends and neighbors in the 2010 Sanibel Adult Co-ed Softball League! Register your team at the Recreation Center's front desk. T-shirts and trophies are awarded to the top teams at season's end. For more information, or if you are looking for a team, contact the Recreation Center at (239) 472-0345.

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Sanibel Recreation Center Programs

Pick-up Softball
Games are played at the Sanibel ball fields

Organized play at a comfortable pace every Monday 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 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 Basketball
Included with membership; day pass required for non-members

The next Thursday game will be held February 4.
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.

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. **

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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.

Island Seniors New & Upcoming Programs

First Steps with Digital Photos
For details, including fees, call the Senior Center at (239) 472-5743.

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.

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 26 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!
Thursday, January 28 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 6th Annual Hiking the Beaches of Sanibel. Hiking will take place every Thursday 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.

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

Learn how to access all the Internet has to offer in this introductory seminar!
Monday, February 1 from 1 p.m. – 3 p.m. at the Senior Center
If you are new to the Internet or haven't used it much, this class serves as a great introduction! Discover how to navigate the Internet safely and easily while learning how to book travel tickets, track investments or sport teams, find recipes, gardening tips, movies, music and much more! Please call the Senior Center at (239) 472-5743 for registration details.

Island Seniors Programs

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.

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.

Bridge, Hand and Foot & Mahjong
For details, including fees, call the Senior Center at (239) 472-5743.

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.

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

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Sanibel Recreation Center Fit-4-Life Healthy Heart Month February 2010 Event Calendar

All screenings, presentations and yoga meets are complimentary. Register for certification courses at the Recreation Center.
Please call the Recreation Center at (239) 472-0345 if you plan on attending any listed activity. Activity descriptions are listed on the reverse side.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities are held at the Recreation Center unless specified otherwise. All listed activities are confirmed; more may be added.	**1** Blood Pressure Screenings 9 a.m. – Noon Aerobics to Motown 10 a.m. – 11 a.m. Aerobics to Motown 6:30 p.m. – 7:30 p.m.	**2** Outdoor Yoga at Community Park 10 a.m. – 11 a.m.	**3**	**4** Heart Walk with Ding Darling Wildlife Society at Indigo Trail 10 a.m. – 11:30 a.m.	**5** Skin Cancer Screenings 8 a.m. – 11:30 a.m. Hearing and Vision Screenings 10 a.m. – 1 p.m.	**6** Boot Camp at Bowman's Beach 9 a.m. – 11 a.m. Bird Walk with Audubon Society at Bailey Tract 8 a.m. – 10 a.m. CPR/AED Course Noon – 5 p.m.
7 Farmer's Market at Tahitian Gardens 8 a.m. – 1 p.m.	**8** Aerobics to Broadway Hits 10 a.m. – 11 a.m.	**9** Outdoor Yoga at Bowman's Beach 10 a.m. – 11 a.m.	**10** Body Composition Analysis Noon – 2 p.m.	**11** Diabetes Screenings 10 a.m. – 1 p.m. Heart Walk with SCCF "Exploring Wetlands" 11 a.m. – Noon	**12** Lee Memorial Heart Health Presentation Noon – 1 p.m.	**13** Lee Memorial Blood Mobile 10 a.m. – 2 p.m. Boot Camp at Bowman's Beach 9 a.m. – 11 a.m.
14 Farmer's Market at Tahitian Gardens 8 a.m. – 1 p.m.	**15** Blood Pressure Screenings 9 a.m. – Noon Aerobics to Elvis 10 a.m. – 11 a.m. Aerobics to Elvis 6:30 p.m. – 7:30 p.m.	**16** Outdoor Yoga at Community Park 10 a.m. – 11 a.m. Organic Foods Presentation 11 a.m. – 12:30 p.m.	**17** American Heart Association Heart Health Presentation 10 a.m. – 11 a.m.	**18** Alzheimer's Screenings 9 a.m. – Noon Heart Walk with SCCF "Beach Walk & Talk" 10 a.m. – 11 a.m. Alzheimer's Presentation Noon – 1 p.m.	**19**	**20** Boot Camp at Bowman's Beach 9 a.m. – 11 a.m. Bird Walk with Audubon Society at Bunche Beach 8 a.m. – 10 a.m. Blood Mobile 10 a.m. – 2 p.m. Pet First Aid Course Noon – 4 p.m.
21 Farmer's Market at Tahitian Gardens 8 a.m. – 1 p.m.	**22** Aerobics to Sinatra 10 a.m. – 11 a.m.	**23** Outdoor Yoga at Bowman's Beach 10 a.m. – 11 a.m.	**24** Body Composition Analysis Noon – 2 p.m.	**25** Heart Walk with Ding Darling Wildlife Society at Bailey Tract 8:30 a.m. – 10 a.m.	**26**	**27** Boot Camp at Bowman's Beach 9 a.m. – 11 a.m. Bird Walk with Audubon Society at Bailey Tract 8 a.m. – 10 a.m.
28 Farmer's Market at Tahitian Gardens 8 a.m. – 1 p.m.						

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

SANIBEL FIT4LIFE

Sanibel Recreation Center
3880 Sanibel-Captiva Road
Sanibel, FL 33957
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www.mysanibel.com

Sanibel Recreation Center Fit-4-Life Healthy Heart Month February 2010 Events

Blood Pressure Screenings: February 1 & 15, from 9 a.m. – Noon
Find out if you're at risk of high blood pressure 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!

Aerobics to Music: February 1, 8, 15 & 22, from 10 a.m. – 11 a.m. & February 1 & 15, from 6:30 p.m. – 7:30 p.m.
Have fun to "upbeat oldies" as you exercise to Motown, Broadway hits, Elvis and Sinatra. Come ready to dance and sing along!

Outdoor Yoga: February 2, 9, 16 & 23, from 10 a.m. – 11 a.m.
Enjoy the great outdoors with yoga at Community Park on February 2 and 16, and at Bowman's Beach on February 9 and 23. Bring a rug, towel or your own mat. Some yoga mats will be provided. You will need to pay for your own parking at Bowman's Beach. Preregistration is required by phone or in person.

Heart Walks with Ding Darling: February 4, from 10 a.m. – 11:30 p.m., & February 25, from 8:30 a.m. – 10 a.m.
For the February 4 Indigo Trail walk, hikers are to park at Ding Darling and meet at the flagpole in front of the Education Center at 10:00 a.m. Hikers will then walk Indigo Trail through Ding Darling with Wildlife Society volunteers, as they explain the ecosystem, including plants, animals and birds along the way. The total Indigo Trail hiking distance is approximately two miles. Ding Darling requires a $1 entrance fee per adult hiker for the Indigo walk. For the February 25 Bailey Tract walk, hikers are to meet at the Bailey Tract parking lot at 8:30 a.m. on Tarpon Bay Road. There are 12 parking spots available on a first come, first served basis. An additional beach parking lot is available on Tarpon Bay Road with paid parking. City shuttle service will provide for transportation to and from the beach parking lot. The Tract distance is two miles, lead by Wildlife Society Volunteers, who will explain the freshwater vegetation along the way. Preregister for all Heart Walks by calling the Recreation Center at (239) 472-0345 or visit the front desk.

Heart Walks with SCCF (Sanibel-Captiva Conversation Foundation): February 11, from 11 a.m. – Noon, February 18, from 10 a.m. – 11 a.m.
For the February 11 "Exploring Sanibel Wetlands" walk, hikers are to meet at the Sanibel-Captiva Conservation Foundation's Nature Center on Sanibel-Captiva Road at 11 a.m. Hikers will walk through the interior wetlands and mid-island ridges of the Center Tract with discussion of native habitats, natural and cultural history and preservation efforts. SCCF requires $5 per hiking participant. For the February 18 "Beach Walk & Talk" walk, hikers are to meet at the Sanibel Captiva Conservation Foundation's Nature Center on Sanibel-Captiva Road at 11 a.m. From there, participants will carpool to the beach near Island Inn on West Gulf Drive. The treasures found on this guided hike will offer hikers a glimpse of the estuary and Gulf of Mexico that surround Sanibel and Captiva. SCCF requires $5 per hiking participant. Preregister for all Heart Walks by calling the Recreation Center at (239) 472-0345 or visit the front desk.

Skin Cancer Screenings: February 5, from 8 a.m. – 11:30 a.m.
Harris Dermatology's skin cancer screenings consist of a non-invasive, visual inspection of exposed areas of the body. No appointment necessary – walk-ins are welcome!

Hearing and Vision Screenings: February 5, from 10 a.m. – 1 p.m.
Hearing and vision screenings are administered by trained Lions Club members and volunteers. The resulting analysis will determine if professional care is needed. Schedule an appointment by calling the Recreation Center at (239) 472-0345.

Boot Camps at Bowman's Beach: February 6, 13, 20 & 27, from 9 a.m. – 11 a.m.
Boot Camps at Bowman's Beach are conducted at the Beach's Fitness Trail. Three fitness levels are available: Beginner, Intermediate and Advanced/Pro. Participants are to meet at the Bowman's Beach Playground. You will need to pay for your own parking at Bowman's Beach. Preregistration is required by phone or in person.

All screenings, presentations and yoga meets are complimentary.
Register for certification courses at the Recreation Center.
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Sanibel Recreation Center Fit-4-Life Healthy Heart Month February 2010 Events

Sanibel-Captiva Audubon Society Bird Walks: February 6, 20 & 27 from 8 a.m. – 10 a.m.
Bird Walks are lead by Sanibel-Captiva Audubon Society members, who identify and explain the behaviors of native birds and their habitat. For the February 6 and February 27 Bailey Tract walk, hikers are to meet at the Bailey Tract parking lot at 8 a.m. on Tarpon Bay Road. There are 12 parking spots available on a first come, first served basis. An additional beach parking lot is available on Tarpon Bay Road with paid parking. For the February 20 Bunche Beach walk, hikers are to meet at the Bunche Beach parking lot in Fort Myers at 8 a.m. The Bunche Beach parking lot offers free parking and is located at the southern end of John Morris Road. Waterproof shoes are required for the Bunche Beach walk. The suggested donation for each walk is $2 per hiker. Preregister for all Bird Walks by calling the Recreation Center at (239) 472-0345 or visit the front desk.

American Red Cross CPR/AED Certification Course: February 6, from Noon – 5 p.m.
Obtain the knowledge and skills necessary to sustain life and minimize the consequences of injury or sudden illness until medical help arrives. All class materials are included. Certification is valid for two years. Register at the Recreation Center's front desk.

Farmer's Market at Tahitian Gardens: February 7, 14, 21 & 28, from 8 a.m. – 1 p.m.
As a part of Healthy Heart Month, we encourage you to attend the Farmers Market with many healthy food and lifestyle choices!

Body Composition Analysis: February 10 & 24, 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. Schedule an appointment by calling the Recreation Center at (239) 472-0345.

Diabetes Screenings: February 11, from 10 a.m. – 1 p.m.
Lions Club diabetes screenings detect the presence of diabetes and diabetic eye disease. Find out if you're a candidate for early treatment through a quick and efficient screening. Schedule an appointment by calling the Recreation Center at (239) 472-0345.

Lee Memorial Health Presentation: February 12, from Noon – 1 p.m.
Lee Memorial Health System staff members present important lifestyle choices for maintaining a healthy heart.

Lee Memorial Blood Mobile: February 13 & 20, from 10 a.m. – 2 p.m.
Blood donations are needed for the local community. Donating is quick and safe – donors receive complimentary tests for blood pressure, iron level, cholesterol and blood typing. Reserve a donation time by calling the Recreation Center at (239) 472-0345.

Organic Foods Presentation: February 16, from 10 a.m. – 12:30 p.m.
This event takes place at Community Park, following the morning yoga class. Worden Farms staff will discuss organic foods and the positive impact healthy eating can have on your heart and overall health.

American Heart Association Heart Health Presentation: February 17, from 10 a.m. – 11 a.m.
Staff from the American Heart Association will discuss health and lifestyle conditions that lead to heart disease and ways to prevent heart problems through healthy life choices.

Alzheimer's Screenings & Presentation: February 18, from 9 a.m. – Noon & Noon – 1 p.m.
Dubin Alzheimer's Resource Center screenings help to determine whether further attention is required by a medical doctor and/or a neuropsychologist. In the presentation at noon, learn how aging affects memory and how to reduce the likelihood of developing Alzheimer's disease.

Pet First Aid Course: February 20, from Noon – 4 p.m.
Give yourself the confidence and skills necessary to tend to unexpected pet emergencies until veterinary care is provided! Please leave your pets at home for this class. All class materials are included. Register at the Recreation Center's front desk.

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