

# Sanibel Recreation Center Weekly Schedule

Week of February 15, 2010 – February 21, 2010

**Aerobics to Elvis Fitness Class at 10 a.m. and 6:30 p.m. on Monday, February 15.  
See the new fitness class schedule on the reverse side!**

## 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.

**NEW!**

**FEBRUARY 2010 HEALTHY HEART CALENDAR ATTACHED. THIS WEEK: BLOOD PRESSURE AND ALZHEIMER'S SCREENINGS, SCCF AND AUDUBON NATURE WALKS, AN ORGANIC FOOD AND HEART HEALTH PRESENTATION AND AN OUTDOOR YOGA AND BEACH BOOTCAMP FITNESS CLASS!**

## Sanibel Recreation Center New & Upcoming Programs

### Power Lunch Aerobics

Included with membership; day pass required for non-members

**Meet with your friends for an energy-boosting "Power Lunch" fitness class!**

**Tuesdays & Thursdays, from Noon – 12:45 p.m.**

Boost your energy with a 45-minute "Power Lunch" fitness class! Workouts are low-impact, yet high energy, and filled with fun and exercise. Individuals of all fitness levels are welcome. Participants are encouraged to bring a towel and water. Advanced registration is not required. All fitness classes at the Recreation Center are included with a membership. This class is available to participants ages 12 and over.



### Power Pace Cycling

Included with membership; day pass required for non-members

**Morning Power Pace Cycling classes are available 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 and water. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. This class is available to participants ages 14 and over.



### American Red Cross Pet First Aid Course

Members: \$50  
Non-members:  
\$62.50

**Learn how to take care of an injured pet during an emergency situation!**

**Saturday, February 20 from Noon – 4 p.m.**

The American Red Cross Pet First Aid Course gives pet owners the confidence and skills necessary to tend to unexpected emergencies until they can get their pet to a veterinarian. Course participants will receive a Dog First Aid and Cat First Aid Manual. Each manual contains a 30-minute DVD with step-by-step information on safety procedures and dealing with medical emergencies. Please leave your pets at home for this class. For more information, please call the Sanibel Recreation Center at (239) 472-0345.



### Lee Memorial Blood Mobile

Open to members

**Lee Memorial's Blood Mobile is coming to the Recreation Center!**

**Saturday, February 20 from 10 a.m. – 2 p.m.**

Take your fitness to the next level and help save a life! 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. Donors will receive a Blood Center gift. Reserve a donation time by calling the Recreation Center at (239) 472-0345.

LEE MEMORIAL  
HEALTH SYSTEM

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.	<b>NEW!</b> *Aerobics to Elvis	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	<b>NEW!</b> Power Lunch Aerobics ----- Shallow Water Aerobics		<b>NEW!</b> Power Lunch Aerobics ----- Shallow Water Aerobics	Hatha Flow Yoga	
2:45 p.m.		Fit & Funky Kids			Fit & Funky Kids	
4:15 p.m.		Stability Ball	BOSU Strength	Power Pace Cycling		Recreation Center closes at 5:00 p.m.
5:30 p.m.	Cardio Boxing	Power Pace Cycling	Sampoorna Yoga	Stability Ball		Closed
6:30 p.m.	<b>NEW!</b> *Aerobics to Elvis	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.

\*Indicates special February 2010  
Healthy Heart Month fitness class



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Listed class times are effective  
Feb. 15, 2010 through Feb. 21, 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. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.



## 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. This class is available to participants ages 12 and over.

## 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 and water. Advanced registration is not required. This class is available to participants ages 12 and over.



## 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. This class is available to participants ages 12 and over.

## 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. This class is available to participants ages 12 and over.



## 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 and water. Advanced registration is not required. This class is available to participants ages 12 and over.



# 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 and water. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. This class is available to participants ages 12 and over.

## 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 and water. Advanced registration is not required. This class is available to participants ages 12 and over.

## 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. This class is available to participants ages 12 and over.

## 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 p.m. – 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, water and athletic footwear. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. This class is available to participants ages 12 and over.

## 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. This class is available to participants ages 12 and over.



## 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. This class is available to participants ages 12 and over.



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# Sanibel Recreation Center Fitness Classes – Included with Membership

## 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 and water. Advanced registration is not required. This class is available to participants ages 12 and over.



## 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

### 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, February 15 & Tuesday, February 16 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 in need of 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.

### Free Blood Pressure Screenings

*A complimentary service provided by the Sanibel Fire District*

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

**Monday, March 15 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 Basketball

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

***A challenging game of cardio endurance, reflexes and precision three days a week!***

**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. Closed-toe footwear is required. Participants must be at least 14 years old.

### 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.



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## Sanibel Recreation Center Programs

### Private Tennis

#### Instruction

\$30 for a half-hour lesson

\$60 for an hour lesson

### Round Robin Tennis

\$10 per person



### Masters Swimming

Members:

\$50 / year

Non-members:

\$63 / year

### Private Swim Lessons

Members:

\$20 per 30 min.

Non-members:

\$25 per 30 min.

### Private Water Fitness Instruction

Members:

\$20 per 30 min.

Non-members:

\$25 per 30 min.

### Youth Lap Swim Program

Members:

\$50 / child

Non-members:

\$62.50 / child

### Youth Karate

Lessons twice a week:

\$80 / per child for members

\$100 / per child for non-members

**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.

**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 as space is limited.

**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. \*\*



**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. \*\*

**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. \*\*

**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. \*\*



**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 is Thursday, March 18. 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.

**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°.**

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## Island Seniors New & Upcoming Programs

### Leisure Lunchers & Discount Shopping

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

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

**Meeting at the Outback Steakhouse on Thursday, February 18 at 11:30 a.m.**

Meet new people, visit old friends and enjoy a great lunch at this month's selected dining locale, Outback Steakhouse on S. Cleveland Ave in Fort Myers! Outback Steakhouse offers a variety of chicken, ribs, beef, seafood and pasta dishes in generous portions. Buy your own lunch and then go exploring for the best deals at the Elite Repeat thrift store! Register and view the restaurant menu at the Senior Center; 2401 Library Way.



### Coping with Life Series

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



### ***A medical doctor who makes house calls shares his experiences and knowledge!***

**Friday, February 19 at 1:30 p.m. at the Senior Center**

Dr. Andy Oakes-Lottridge, MD of Personalized Health Care, is the only physician exclusively making house and hospital calls in Southwest Florida with pediatric and adult hospital privileges. It is "Dr. Andy's" sole primary practice. He comes to a patient's home with everything you would find in a primary physician's office including being equipped to take blood. He writes "House Calls with Dr. Andy" for the Fort Myers News-Press. He will speak on what a concierge physician is and what to expect when you have an appointment with your physician. Please call the Senior Center at (239) 472-5743 if you plan on attending.

### Coping with Life Series

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

### ***Keep your brain active with advice from Dr. Mabel Lopez, a local expert!***

**Friday, February 26 at 1:30 p.m. at the Senior Center**

Mabel Lopez, PHD and Director for Mental Health Services at Florida Spine and Brain and Chief of Psychiatry and Psychology will present "How to Keep our Brains Healthy." Mabel has experience working in the Lee Memorial Health System as a psychologist and neurologist. She has also made numerous educational T.V. appearances on local networks. Please call the Senior Center at (239) 472-5743 if you plan on attending.



### Discovering Florida Day Trips – Miami History Tour

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

**VIZCAYA**  
MUSEUM & GARDENS

### ***An all-day guided trip through Miami's history including Vizcaya Museum & Gardens!***

**Departing from and returning to the Senior Center on Thursday, March 4**

Suzanne from CI Travel joins participants for a guided tour of the Vizcaya Museum & Gardens in Miami. Vizcaya was the winter home of industrialist James Deering from Christmas 1916 until his death in 1925. Deering was Vice President of the International Harvester Company, which produced agricultural equipment for a worldwide market. Lunch will be at the historic La Palma Restaurant, originally the Merrick Hotel in Coral Gables. Participants will also tour the Biltmore in Coral Gables. Please call the Senior Center at (239) 472-5743 for registration and transportation details.

### Island Seniors, Inc. Second Annual Used Book Sale

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

### ***Free up shelf space for new reads by donating and shopping at the Used Book Sale!***

**Saturday, March 13 from 9 a.m. – 1 p.m. at the Senior Center**

Board members Ann Moeder and Katie Reid have volunteered to co-chair the Island Seniors, Inc. Book Sale at the Senior Center. Island Seniors, Inc. members and non-members alike are encouraged to donate unwanted books of good condition. Revenue generated from used book sales assists in underwriting Seniors programming. Feel free to drop off your used books any time you have the "urge to purge." For additional details about donating or shopping at the sale, please call the Senior Center at (239) 472-5743.

### Relatively Speaking at the Florida Repertory Theater

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

### ***The curtain opens on a sidesplitting farce of a play!***

**Meeting at the Florida Repertory Theater Saturday, March 13 at 2 p.m.**

*Relatively Speaking* is an uproarious comedy from Tony-nominated playwright Alan Ayckbourn. In one of Ayckbourn's funniest plays, we see what happens when two couples find themselves in a very precarious situation. *Relatively Speaking* is a classic farce filled with hilarious misunderstandings. Please call the Senior Center in advance at (239) 472-5743 for ticket and carpooling options.



**SANIBEL**  
**FIT 4 LIFE**

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## 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.

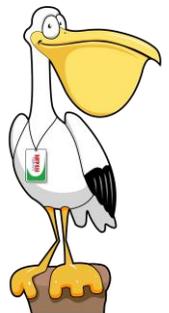
### “Waist” Management

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.

RENEW YOUR MEMBERSHIP TODAY!



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



### **Sanibel Recreation Center**

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

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

*All screenings, presentations and yoga classes 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
<i>All activities are held at the Recreation Center unless specified otherwise. All listed activities are confirmed; more may be added.</i>	<b>1</b> <b>Blood Pressure Screenings</b> 9 a.m. – Noon <b>Aerobics to Motown</b> 10 a.m. – 11 a.m. <b>Aerobics to Motown</b> 6:30 p.m. – 7:30 p.m.	<b>2</b> <b>Outdoor Yoga at Community Park</b> 10 a.m. – 11 a.m.	<b>3</b>	<b>4</b> <b>Heart Walk with Ding Darling Wildlife Society at Indigo Trail</b> 10 a.m. – 11:30 a.m.	<b>5</b> <b>Hearing and Vision Screenings</b> 10 a.m. – 1 p.m.	<b>6</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Bird Walk with Audubon Society at Bailey Tract</b> 8 a.m. – 10 a.m. <b>CPR/AED Course</b> Noon – 5 p.m.
<b>7</b> <b>Farmer's Market at Tahitian Gardens</b> 8 a.m. – 1 p.m.	<b>8</b> <b>Aerobics to Broadway Hits</b> 10 a.m. – 11 a.m.	<b>9</b> <b>Outdoor Yoga at Bowman's Beach</b> 10 a.m. – 11 a.m.	<b>10</b> <b>Body Composition Analysis</b> Noon – 2 p.m.	<b>11</b> <b>Diabetes Screenings</b> 10 a.m. – 1 p.m. <b>Heart Walk with SCCF "Exploring Wetlands"</b> 11 a.m. – Noon	<b>12</b> <b>Lee Memorial Heart Health Presentation</b> Noon – 1 p.m.	<b>13</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Lee Memorial Blood Mobile</b> 10 a.m. – 2 p.m.
<b>14</b> <b>Farmer's Market at Tahitian Gardens</b> 8 a.m. – 1 p.m.	<b>15</b> <b>Blood Pressure Screenings</b> 9 a.m. – Noon <b>Aerobics to Elvis</b> 10 a.m. – 11 a.m. <b>Aerobics to Elvis</b> 6:30 p.m. – 7:30 p.m.	<b>16</b> <b>Outdoor Yoga at Community Park</b> 10 a.m. – 11 a.m. <b>Organic Foods Presentation at Community Park</b> 11 a.m. – 12:30 p.m.	<b>17</b> <b>American Heart Association Heart Health Presentation</b> 10 a.m. – 11 a.m.	<b>18</b> <b>Alzheimer's Screenings</b> 9 a.m. – Noon <b>Heart Walk with SCCF "Beach Walk &amp; Talk"</b> 10 a.m. – 11 a.m. <b>Alzheimer's Presentation</b> Noon – 1 p.m.	<b>19</b>	<b>20</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Bird Walk with Audubon Society at Bailey Tract</b> 8 a.m. – 10 a.m. <b>Blood Mobile</b> 10 a.m. – 2 p.m. <b>Pet First Aid Course</b> Noon – 4 p.m.
<b>21</b> <b>Farmer's Market at Tahitian Gardens</b> 8 a.m. – 1 p.m.	<b>22</b> <b>Aerobics to Sinatra</b> 10 a.m. – 11 a.m.	<b>23</b> <b>Outdoor Yoga at Bowman's Beach</b> 10 a.m. – 11 a.m.	<b>24</b> <b>Body Composition Analysis</b> Noon – 2 p.m.	<b>25</b> <b>Heart Walk with Ding Darling Wildlife Society at Bailey Tract</b> 8:30 a.m. – 10 a.m.	<b>26</b> <b>Skin Cancer Screenings</b> 8 a.m. – 11:30 a.m.	<b>27</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Bird Walk with Audubon Society at Bunche Beach</b> 8 a.m. – 10 a.m.
<b>28</b> <b>Farmer's Market at Tahitian Gardens</b> 8 a.m. – 1 p.m.	<p><b>Daily, Weekly, Semi-Annual and Annual passes are available.</b>  <b>Please call the Recreation Center at (239) 472-0345 for membership and event details.</b></p>					



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# 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 10 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.

## **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.

## **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 20 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 27 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.

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

## **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.

## **Skin Cancer Screenings: February 26, 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!

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