



***EFFECTIVE NOVEMBER 1st ***
**NEW WATER AEROBICS & FITNESS SCHEDULES FOR
SANIBEL RECREATION CENTER**

SHALLOW WATER AEROBICS

Beginning November 1st, classes will be offered 6 days a week:

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

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

Saturdays from 11 a.m. – Noon

This class is held in the exercise pool for attendees who desire a low-impact workout in warmer, shallow water.

Included with membership.

DEEP WATER AEROBICS

Beginning November 1st, classes will be offered 5 days a week:

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

Tuesdays from 9 a.m. – 10 a.m.

Saturdays from 9:30 a.m. – 10:30 a.m.

This class is held in the lap pool for participants who desire a low-impact workout in cooler, deeper water.

Included with membership.

AQUA JOGGING

Thursdays from 9 a.m. – 10 a.m.

This specialized class will be 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.

\$5.00 per class for members / \$6.25 per class for non-members.

Additional Aquatics Programs Include:

Lap Swim: Monday thru Friday, 7 a.m. – 2 p.m. & 5 p.m. – 7 p.m.

Saturday, 9 a.m. – 5 p.m. & Sunday, Noon – 5 p.m.

Masters Swimming: Monday, Wednesday & Friday, 4 p.m. – 5 p.m.

Private Swim Instruction: Monday, Wednesday & Friday, 10:30 a.m. – 12:30 p.m.
Sunday, Noon – 5 p.m.

For more information, visit www.mysanibel.com or call
The Sanibel Recreation Center at (239) 472-0345



New Fitness Class Schedule

Classes now offered 5 days a week

LAND AEROBICS

Morning sessions:

Mondays, Wednesdays & Fridays from 10:15 a.m. – 11:15 a.m.

Evening sessions:

Monday & Wednesday from 5:30 p.m. – 6:30 p.m.

A one-hour cardio to music class including stretching, warm-up and cool down.
Members are encouraged to bring a mat or towel.

BODY SCULPTING

Morning sessions:

Tuesday & Thursday from 10:15 a.m. – 11:15 a.m.

Evening sessions:

Tuesday from 5:30 p.m. – 6:30 p.m.

A one-hour class that focuses on strengthening and toning all major muscle groups using fitness bands, tubing and one's own body weight.

Stability Ball Strength Training

Additional Tuesday class available beginning October 28th

Tuesdays from 4:15 p.m. – 5:15 p.m.

Thursdays from 5:30 p.m. – 6:30 p.m.

This class utilizes both free weights and the stability ball for a total body workout.
Benefits include improved balance, flexibility and coordination.

Stability ball and weights are supplied; please bring your own towel or mat.

Must be at least 14 years old to register.

Pre-registration at front desk is recommended.

Call instructor Carolyn Cooper at (239) 454-1010 for details.

Additional Fitness Programs Include:

Chi Yoga: Saturday, 9 a.m. – 10 a.m.

Power Vinyasa Yoga: Saturday, 10:15 a.m. – 11:15 a.m.

Adult Karate: Saturday, 9 a.m. – 10 a.m.

Youth Karate: Monday, 2:45 p.m. – 3:45 p.m.

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