



Find a Workout with the Right Fit

Your New Year's resolution is to get in shape and then stay in shape, but it's starting to seem like a tall order. Don't despair—there are plenty of local fitness centers, organizations, and personal trainers to help.

Triathlete Meta Luckenbill, a recent winner at the Vineman Triathlon in California, and her husband, Chris, have owned **Sanibel Fitness Center Inc.** for the past eight years, and Meta has been associated with the center for 14 years. They've built up a loyal clientele of locals and snowbirds, "and we also have lots of short-term visitors," Meta notes. "People on a two-week vacation don't want to lose their home program, so they come here and buy a six-day pass, for instance." Most classes are included in membership and the list features low-impact aerobics, hi/lo aerobics, hi/lo interval aerobics, step aerobics, body shaping, and short step, among others. Spinning, an intense workout on stationary bikes offered for an extra fee, is so popular that one must register ahead of time. *Sanibel Fitness Center Inc., 975 Rabbit Road, Sanibel, 941/395-BODY (395-2639).*

The **City of Sanibel Recreation Complex** is open daily (except for some holidays) and is a popular gathering place for the islands' residents and visitors. The complex includes a pool for lap swimming and water aerobics, a gymnasium for basketball and volleyball, and a fitness center. There are easy-to-use weight machines, dumbbells for more experienced people, exercise bicycles, and Stairmasters, which are great for cardiovascular training. The complex is located on one side of The Sanibel School; on the other side are tennis courts and baseball fields. Lap swimmers who participate in the Master's Swim Program can use the pool from 5 to 6 p.m. on Mondays, Tuesdays, Thursdays, and Fridays. Program benefits include a subscription to SWIM magazine and periodic mailings from the Local Master's Swimming Committee. *City of Sanibel Recreation Complex, Sanibel-Captiva Road, Sanibel, 941/472-0345.*

"Want to live longer? You should get good cardiac exercise year-round here at the **City of Sanibel Seniors Center**," urges Berdenna Thompson. She helps out at the center, which is located on Library Way. "Sandy Brim teaches floor aerobics and is very good and knowledgeable. She's a positive, uplifting gal," Thompson adds. "And there is also a water aerobics class at the city pool, taught by the Recreation Center's aquatics instructor, Coby Amadio. With water aerobics you get a different feeling; you feel so refreshed." *City of Sanibel Seniors Center, Library Way, Sanibel, 941/472-5743.*

The **Sanibel Community Association** offers a variety of fitness classes throughout the year, and men and women of all ages participate. Passes are available for purchase whether you are an SCA member or not. Personal trainer Carla Farrel teaches aerobics (and she also freelances as a one-on-one trainer). Yoga classes are given by Sanibel resident Eleanor Horowitz. Classes in Pilates are taught by Bonnie Clancy, owner of Blue Skies Bodyworks. The SCA hopes to offer ballroom dancing for fitness soon, in conjunction with Edison Community College's continuing education program. *Sanibel Community Association, 2173 Periwinkle Way, Sanibel, 941/472-2155.*

Don't forget that **Barrier Island Group for the Arts** also always includes fitness programs in its wide-ranging lineup of classes. Through spring, Sanibel resident Pam Wortzel leads yoga classes in the Phillips Gallery from 9 to 10:30 a.m. on Saturdays. All levels of experience are welcome. Longtime dancer Marsha Wagner teaches ballet stretch. She also teaches Pilates mat classes, having completed two years' training and received certification in New York. The Pilates classes run from 6 to 7 p.m. on Mondays, and will end in spring. Joy Schein teaches various levels of tap dance, which continue to be very popular classes. In addition, some tap will

be taught by Vanessa Stocker, who teaches children's dance classes. *BIG Arts, 900 Dunlop Road, Sanibel, 941/395-0900.*

Sanibel resident Bonnie Clancy, who started **Blue Skies Body Works** in 1998, is an occupational therapist, personal trainer, and massage therapist. "When I worked with people as an occupational therapist, I kept thinking 'If only I had gotten to this person a year ago,'" she says. "I started to get more interested in wellness rather than sickness, so I became a personal trainer and then a massage therapist." She would love to start her own studio but currently goes to clients' homes, where she also offers pool therapy and rehab therapy. In addition, Clancy teaches Pilates at the Sanibel Community Association. "Many of my clients are older people," she notes. "Pilates attracts a lot of older people but it is for both young and old." *Blue Skies Body Works, Sanibel, (cell phone) 941/565-1716.*

"Let your pool work for you!" enthuses aquatic personal trainer **Jane Ranieri** of Sanibel. Certified by the Aquatic Exercise Association and by the Aerobics and Fitness Association of America, Ranieri moved to the island from North Carolina in December of 1998. She has been involved in aquatic exercise and instruction for about nine years. "The beauty of my aquatic personal training is that I will go to people's homes. That makes it more convenient and comfortable for the person requesting my services, whatever their fitness level or age." Ranieri is available for group sessions with neighborhood associations, too. She also teaches land aerobics at the *Sanibel Fitness Center Inc. Jane Ranieri, Sanibel, 941/395-3574.*

Personal trainer Bobbie Pepitone's business is called—appropriately—**Pep-n-Tone**. She prefers to train you on your own turf, although a few clients do go to her Sanibel home. The former high school physical education teacher holds a master's degree in health education and has been involved with personal training since the 1970s. To "stay fresh," Pepitone spends summers taking more courses. Her clients range from children to people in their 80s, and she tailors the exercise to the person. "I also do a lot of rehab. I see what the person's weakness is, take them through a series of different movements. As soon as I get their range of motion, I start adding free weights. We start off at least two to three times a week. Also, I am always educating, teaching posture, breathing, etc. I don't do aerobics because people can do that on their own. It is very, very focused. I am a taskmaster." *Pep-n-Tone, Sanibel, 941/395-1197.*

Chadwick's Square on Captiva is home to the **South Seas Plantation Resort Fitness Club**. Resort guests, social members, and the public (for a fee) are able to use the club daily from 6:30 a.m. until 8 p.m. Personal trainer Junior Brathwaite notes, "It's a pretty good setup: We have treadmills, bikes, recumbent bikes (at a 45-degree angle), and step machines. We also have a section of free-weights and machines for legs or for the upper body. In addition, there is an area for aerobic classes." After your workout, be sure to try one of the dry saunas, which are located in the men's bathroom and the women's bathroom. *South Seas Plantation Resort Fitness Club, Chadwick's Square, Captiva, 941/472-5111, ext. 7696.*

Dan Young, personal trainer at the **'Tween Waters Inn Fitness Center** on Captiva, is usually on duty when guests and fee-paying members of the public use the center. It is open daily from 8 a.m. to 6 p.m. and is located in the Mangrove Building. Young explains, "We have Cybex equipment, dumbbells ranging in weight from 5 pounds to 50 pounds, treadmills, Stairmasters, and bicycles. And a new fitness center is currently under construction next to the pool. When that opens next year, we will offer classes." *'Tween Waters Inn Fitness Center, Captiva Road, Captiva, 941/472-5161, ext. 430.*

Sundial Beach Resort, Sanibel Island's largest full-service resort accommodations, has a fitness center that is open to the public for a fee. The center is located on the main pool deck and can be used daily from 7 a.m. to 10 p.m. Staff members from Sundial's recreation

department are always on hand, although resort guests and visitors are on their own when using the fitness center facilities. Included are treadmills, a weight bench and free-weights, stationary bicycles, two Stairmasters, and a weight-lifting station. *Sundial Beach Resort Fitness Center, 1451 Middle Gulf Drive, Sanibel, 941/ 472-4151, ext. 3815.*

Located just before the Sanibel Causeway tollbooth, at Punta Rassa, is the **Sanibel Harbour Resort & Spa Fitness Center**. Certified personal trainers instruct the resort's guests and area residents in the use of the fitness center's state-of-the-art equipment, including its new cardio theater. Several aerobic classes and aqua-aerobic classes are also offered. (And when you feel like getting a reward for sticking with that New Year's resolution, treat yourself to a visit to the resort's award-winning spa.) *Sanibel Harbour Resort & Spa's Fitness Center, 17260 Harbour Pointe Drive, Ft. Myers, 941/466-2156.*
-Libby Grimm