All classes are FREE & provided by Lanai Community Health Center. Donations are appreciated. Help us to continue our mission to provide quality healthcare on Lanai.

SUN		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
			WAT ASSESSED TO			_	1		2		3		^
				Lāna'i Community Health Center			10AM	Sound&Stretch - C.R *ZOOM			9am 10AM	Zumba - Jamie *ZOOM Yoga - Jamie	A New Month P ush yourself R ejuvenate
			S		5-69		4:30PM	Yoga - Danyel *ZOOM	EP			*ZOOM	I nspire others
	· /* / _ 0		#LANAIHEALTH				5:15PM	TBC - Mindy in-person					L ift weights
				,				Pilates - Molly *ZOOM					3 0
4	5		6		7		8		9		10		
	10AM	WBS - Akiko *ZOOM	10AM	Sound&Stretch - C.R *ZOOM	6:30AM 10AM	TBC - Beth *ZOOM WBS - Akiko *ZOOM	10AM	Sound&Stretch - C.R *ZOOM	6:30AM 10:30AM	TBC - Beth *ZOOM WBS - Akiko *ZOOM	9am 10AM	Zumba - Jamie *ZOOM Yoga - Jamie *ZOOM	ZOOM MEETINGS #S
			4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Jamie *ZOOM		20011	958 - 7384 - 9312
	4:30PM	*Z00M	5:15PM	TBC - Mindy in-person			5:15PM	TBC - Mindy in-person					YOGA 993 - 3037 - 2453
	5:30PM	Pilates - Jamie *ZOOM			5:30PM	Zumba - Pua *ZOOM	5:30PM	Pilates - Molly *ZOOM					PILATES
11	12]	13		14		15		16		17		918 - 8386 - 4889
	10AM	WBS - Akiko	10AM	Sound&Stretch - C.R	6:30AM	TBC - Beth *ZOOM	10AM	Sound&Stretch - C.R	6:30AM	TBC - Beth *ZOOM	9am	Zumba - Jamie	WHOLE BODY
		*Z00M		*ZOOM	10AM	WBS - Akiko *ZOOM		*ZOOM	10:30AM	WBS - Akiko *ZOOM	10AM	*ZOOM Yoga - Jamie	STRETCH 954 - 6910 - 1900
			4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Jamie *ZOOM		*ZOOM	SATURDAY WORKOUT
	4:30PM	Yoga - Jamie *ZOOM	5:15PM	TBC - Mindy in-person			5:15PM	TBC - Mindy in-person					SOUND AND
	5:30PM	Pilates - Jamie *ZOOM			5:30PM	Zumba - Pua *ZOOM	5:30PM	Pilates - Molly *ZOOM					STRETCH 958 - 8676 - 8313
18	19	200101	20		21	200141	22	200101	23		24		_
	1000	MDC Abib-	10111	C	6:30AM	TBC - Beth *ZOOM	1000	C	6:30AM	TBC - Beth *ZOOM	0	Zumba - Jamie	ZUMBA CIRCUIT
	10AM	WBS - Akiko *ZOOM	10AM	Sound&Stretch - C.R *ZOOM	10AM	WBS - Akiko	10AM	Sound&Stretch - C.R *ZOOM	10:30AM	WBS - Akiko	9am	*ZOOM	325 - 0104 - 0401
						*ZOOM				*ZOOM	10AM	Yoga - Jamie	
			4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Jamie *ZOOM		*ZOOM	
	4:30PM	Yoga - Jamie	5:15PM	TBC - Mindy			5:15PM	TBC - Mindy					
	5:30PM	*ZOOM Pilates - Jamie *ZOOM		in-person	5:30PM	Zumba - Pua *ZOOM	5:30PM	in-person <mark>Pilates - Molly</mark> *ZOOM					
25	26]	27		28		29		30				
	1000	MADE Abiles	1000	Cound & Street . C. D.	6:30AM	TBC - Beth	10004	Cound & Chuntah C. D.	6:30AM	TBC - Beth *ZOOM	d hea	art to caringg.,	
	10AM	*ZOOM	10AM	Sound&Stretch - C.R *ZOOM	10AM	*ZOOM WBS - Akiko *ZOOM	10AM	Sound&Stretch - C.R *ZOOM	10:30AM	WBS - Akiko *ZOOM	. education		FOLLOW US ON FACEBOOK
			4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Danyel *ZOOM	4:30PM	Yoga - Jamie *ZOOM	bálance; health water	E Wholesome	"LANAI FIT CLASS"
	4:30PM		5:15PM	TBC - Mindy			5:15PM	TBC - Mindy			vital x s s s s s s s s s s s s s s s s s s	stress-reduction laughter	
	5:30PM	*ZOOM Pilates - Jamie *ZOOM		in-person	5:30PM	Zumba - Pua *ZOOM	5:30PM	in-person <mark>Pilates - Molly</mark> *ZOOM			strong lunch well exerci	movement safety	