

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	
	1		2		3		4		5		6	
												A New Month
												P ush yourself
	10AM	Silver Sneakers			10AM	Water Aerobics	10AM	Silver Sneakers	10AM	Silver Sneakers		R ejuvenate
		Balance & Mobility (Senior Center)				(Community Pool)		<mark>Chair Yoga</mark> (Senior Center)		Balance & Mobility (Senior Center)		I nspire others
		(Senior Center)						(Jemor Center)				L ift weights
					2PM	WBS - Akiko (ZOOM & In-Person)			3:30PM	WBS - Akiko (ZOOM & In-Person)		
7	8		9		10		11		12		13	
												CODE FOR ALL ZOOM CLASSES
	10AM	Silver Sneakers	10AM	Silver Sneakers	10AM	Water Aerobics			10AM	Silver Sneakers		054 0000 0074
		Balance & Mobility (Senior Center)		Chair Yoga (Senior Center)		(Community Pool)				Balance & Mobility (Senior Center)		851-2230-2274
			2PM	WBS - Akiko (ZOOM & In-Person)					2PM	WBS - Akiko (ZOOM & In-Person)		
14	15		16	1	17	1	18		19	1	20	_
14	15	J	16		17		10		19		20	Classes with
									9:30AM	WBS - Akiko (ZOOM & In-Person)		
										(20010) & III-FEISON		no specific
	10AM	Silver Sneakers Balance & Mobility	10AM	Silver Sneakers Chair Yoga	10AM	Water Aerobics (Community Pool)	10AM	Silver Sneakers Chair Yoga	10AM	Silver Sneakers Balance & Mobility		location will
		(Senior Center)		(Senior Center)				(Senior Center)		(Senior Center)		be located
			2PM	WBS - Akiko								around the
				(ZOOM & In-Person)								community
21	22		23		24		25		26		27	pool-
		-		-		-						basketball
									9:30AM	(ZOOM & In-Person)		court,
			10AM	Silver Sneakers	10AM	Water Aerobics	10AM	Silver Sneakers	10AM	Silver Sneakers		football
			IOAW	Chair Yoga	IOAIM	(Community Pool)	IOAIN	Chair Yoga	TOAN	Balance & Mobility		field, grass
				(Senior Center)				(Senior Center)		(Senior Center)		area near
			2PM	WBS - Akiko								parking lot
				(ZOOM & In-Person)								
28	29		30		ŀ	1	ł	1	-	Ň	· · ·	
	20					Lāna'i Community Health Center			heart school ze rest and a statistic education Statistic balance of statistic balance of statistic balance of statistic school ze rest and school ze rest and statistic school ze rest and school ze rest and s			
						Hoal	alth Contor			education		
	10AM						bál	ance	wholesome			
		Balance & Mobility (Senior Center)			565-6919							
		(Semor Center)			#LANAIHEALTH				health well breath food water well breath food vital well well well well well well well we			
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