

DECEMBER 2022

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
	 Lāna'i Community Health Center 565-6919 #LANAIHEALTH			<div>1</div> <div>10AM</div> <div><i>Silver Sneakers Chair Yoga (Senior Center)</i></div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>2</div> <div>9:30AM</div> <div><i>WBS - Akiko (ZOOM & In-Person)</i></div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div>	<div>3</div>
4	<div>5</div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div> <div>5:30PM</div> <div><i>Zumba - Michelle</i></div>	<div>6</div> <div>9:30AM</div> <div><i>WBS - Akiko (ZOOM & In-Person)</i></div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>7</div> <div>10AM</div> <div><i>Water Aerobics (Community Pool)</i></div>	<div>8</div> <div>10AM</div> <div><i>Silver Sneakers Chair Yoga (Senior Center)</i></div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>9</div> <div>9:30AM</div> <div><i>WBS - Akiko (ZOOM & In-Person)</i></div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div>	<div>10</div>
11	<div>12</div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div> <div>5:30PM</div> <div><i>Zumba - Michelle</i></div>	<div>13</div> <div>9:30AM</div> <div><i>WBS - Akiko (ZOOM & In-Person)</i></div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>14</div> <div>10AM</div> <div><i>Water Aerobics (Community Pool)</i></div>	<div>15</div> <div>10AM</div> <div><i>Silver Sneakers Chair Yoga (Senior Center)</i></div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>16</div> <div>9:30AM</div> <div><i>WBS - Akiko (ZOOM & In-Person)</i></div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div>	<div>17</div>
18	<div>19</div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div> <div>5:30PM</div> <div><i>Zumba - Michelle</i></div>	<div>20</div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>21</div> <div>10AM</div> <div><i>Water Aerobics (Community Pool)</i></div>	<div>22</div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>23</div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div>	<div>24</div>
25	<div>26</div> <div>HOLIDAY</div>	<div>27</div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>28</div>	<div>29</div> <div>10AM</div> <div><i>Silver Sneakers Chair Yoga (Senior Center)</i></div> <div>5:30PM</div> <div><i>PILATES - Jennifer</i></div>	<div>30</div> <div>9:30AM</div> <div><i>WBS - Akiko (ZOOM & In-Person)</i></div> <div>10AM</div> <div><i>Silver Sneakers Balance & Mobility (Senior Center)</i></div>	<div>31</div>
						

**Merry
"FITMAS"
and a
HEALTHY
New Year**

**CODE FOR ALL
ZOOM CLASSES
851-2230-2274**

**Classes with
no specific
location will
be located
around the
community
pool -
basketball
court,
football
field, grass
area near
parking lot**