

JULY 2021

**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	
			 <div>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH</div>	<div>1</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>2</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div>	<div>3</div> <div>8AM 9AM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>							
4	5		<div>6</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>7</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div> <div>5:30PM</div> <div>Zumba - Pua</div>	<div>8</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>9</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div>	<div>10</div> <div>8AM 9AM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>						
11	12	<div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div> <div>2PM 3PM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>13</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>14</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div> <div>5:30PM</div> <div>Zumba - Pua</div>	<div>15</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>16</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div>	<div>17</div> <div>8AM 9AM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>						
18	19	<div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div> <div>2PM 3PM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>20</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>21</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div> <div>5:30PM</div> <div>Zumba - Pua</div>	<div>22</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>23</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div>	<div>24</div> <div>8AM 9AM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>						
25	26	<div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div> <div>2PM 3PM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>27</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>28</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div> <div>5:30PM</div> <div>Zumba - Pua</div>	<div>29</div> <div>8AM 9AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG</div>	<div>30</div> <div>8AM 9AM 9:30AM</div> <div>TAICHI - HUNG Y. SOCCER - HUNG WBS - Akiko</div>	<div>31</div> <div>8AM 9AM</div> <div>Y. TAICHI - HUNG Y. SOCCER - HUNG</div>						

**STOP SAYING
"I WISH"
START SAYING
"I WILL"**

ALL CLASSES
*will be
located
around the
community
pool -
basketball
court, football
field, grass
area near
parking lot*

**FOLLOW US ON
FACEBOOK
"LANAI FIT CLASS"**