

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
1	2		3		4		5		6		7		BE
	4:30PM	PILATES - Jamie	9:30AM 4:30PM	WBS - Akiko (ZOOM & In-Person) TBC - Jamie					9:30AM	WBS - Akiko (ZOOM & In-Person)	10AM	YOGA - Jamie	M otivated A mbitious Y ou
	4.306141	FILATES - Juille	5:30-6PM	ZUMBA - Jamie			5:30PM	FAMILY FITNESS NIGHT - Kickball					
8	9		10		11		12		13		14		1
	10AM 4:30PM	Silver Sneakers Class (Senior Center) PILATES - Jamie	10AM 4:30PM 5:00PM	Silver Sneakers Class (Senior Center) TBC - Jamie ZUMBA - Pua							10AM	YOGA - Jamie	CODE FOR ALL ZOOM CLASSES 851-2230-2274
15	16		17		18		19		20		21		-
	10AM 4:30PM	Silver Sneakers Class (Senior Center) PILATES - Jamie	10AM 4:30PM 5:00PM	Silver Sneakers Class (Senior Center) TBC - Jamie ZUMBA - Pua							10AM	YOGA - Jamie	ALL CLASSES will be located around the community pool - basketball
22	23 10AM 4:30PM	Silver Sneakers Class (Senior Center) PILATES - Jamie	24 10AM 4:30PM 5:30-6PM	Silver Sneakers Class (Senior Center) TBC - Jamie ZUMBA - Jamie	25		26]	27]	28 10AM	YOGA - Jamie	football field, grass area near parking lot
29	30 HOLIDAY MEMORIAL DAY R EMEMBER & HONOR * * * * * 10AM Silver Sneakers Class (Senior Center) 4:30PM TBC - Jamie 5:30-6PM ZUMBA - Jamie		Lāna'i Community Health Center 565-6919 #LANAIHEALTH			heart school preakfast in education of the school preakfast in balance of the school preakfast in balance of the school preakfast in school preakfast in balance of the school preakfast in well exercise of the school preakfast in the school preakf							