OCTOBER 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	
	Lāna'i Community Health Center 565-6919 #LANAIHEALTH					Senter of the sentence of the	tring good the specific to the	yi and the second secon		WBS - Akiko (ZOOM & In-Person)	2 10AM	2 IOAM YOGA - Jamie	Eat HEALTHY RUN fast, and be SPOOKY this Halloween
3	4 4:30PM 5:30PM	PILATES - Jamie YOGA - Jamie	5		6 5:30PM	ZUMBA - Pua	7		9AM	WBS - Akiko (ZOOM & In-Person)	9 10AM	YOGA - Jamie	ZOOM MEETINGS #S WHOLE BODY STRETCH 851-2230-2274
10	4:30PM 5:30PM	PILATES - Jamie YOGA - Jamie	12		13 9AM 5:30PM	WBS - Akiko (ZOOM & In-Person) ZUMBA - Pua	14]	15 9AM	WBS - Akiko (ZOOM & In-Person)	16 10AM	YOGA - Jamie	ALL CLASSES willl be located around the community pool - basketball
17	4:30PM 5:30PM	PILATES - Jamie YOGA - Jamie	19		20 9AM 5:30PM	WBS - Akiko (ZOOM & In-Person) ZUMBA - Pua	21		9AM	WBS - Akiko (ZOOM & In-Person)	23 10AM	YOGA - Jamie	court, football field, grass area near
24	25 4:30PM 5:30PM	PILATES - Jamie YOGA - Jamie	26		27 9AM 5:30PM	WBS - Akiko (ZOOM & In-Person) ZUMBA - Pua	28]	9AM	WBS - Akiko (ZOOM & In-Person)	30 10AM	YOGA - Jamie	