


June 2017

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	MON	TUE	WED	THU	FRI	SAT
		 Lāna'i Community Health Center 565-6919 #LANAIHEALTH		1 8:00-9:00am TAI CHI 9:00-10:00am BEG.TAI CHI 10:00-10:30am TAI CHI <i>Ages 55+ Loc: Senior Center</i> 5:30-6:15pm TBC 6:15-7:15pm PILATES	2 8:00-9:00am TAI CHI 9:30-10:30am WHOLE BODY STRETCH	3 8:00-9:00am TAI CHI 9:30-10:15am CIRCUIT 9:30-10:30am SOCCER 10:15-11:15am RESTORATIVE YOGA
4	5 8:00-9:00am TAI CHI 9:30-10:30am CARDIO T. K. 2:00-2:45pm BEG. GYM. 2:45-3:30pm ADV. GYM. 3:45-4:30pm Y. KUNG FU 4:30-5:30pm Y. BOXING 5:30-6:30pm ZUMBA 6:35-7:30pm YOGA	6 8:00-9:00am TAI CHI 9:00-10:00am BEG.TAI CHI 10:00-10:30am CHAIR YOGA <i>Ages 55+ Loc: Senior Center</i> 5:30-6:15pm TBC 6:15-7:15pm BOXING	7 8:00-9:00am TAI CHI 9:30-10:30am WHOLE BODY STRETCH 4:30-5:30pm Y. BOXING 5:30-6:15pm ZUMBA 6:15-6:30pm AB LAB 6:35-7:30pm YOGA	8 8:00-9:00am TAI CHI 9:00-10:00am BEG.TAI CHI 10:00-10:30am TAI CHI <i>Ages 55+ Loc: Senior Center</i> 5:30-6:15pm TBC 6:15-7:15pm PILATES	9 8:00-9:00am TAI CHI 9:30-10:30am WHOLE BODY STRETCH	10 8:00-9:00am TAI CHI 9:30-10:15am CIRCUIT 9:30-10:30am SOCCER 10:15-11:15am RESTORATIVE YOGA
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If it doesn't CHALLENGE you, it doesn't CHANGE you. (Fred Devito)