

APRIL 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		1 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person 5:30PM Pilates - Molly *ZOOM	2 	3 9am Zumba - Jamie *ZOOM 10AM Yoga - Jamie *ZOOM
4	5 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Jamie *ZOOM	6 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person	7 6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Zumba - Pua *ZOOM	8 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person 5:30PM Pilates - Molly *ZOOM	9 6:30AM TBC - Beth *ZOOM 10:30AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	10 9am Zumba - Jamie *ZOOM 10AM Yoga - Jamie *ZOOM
11	12 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Jamie *ZOOM	13 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person	14 6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Zumba - Pua *ZOOM	15 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person 5:30PM Pilates - Molly *ZOOM	16 6:30AM TBC - Beth *ZOOM 10:30AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	17 9am Zumba - Jamie *ZOOM 10AM Yoga - Jamie *ZOOM
18	19 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Jamie *ZOOM	20 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person	21 6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Zumba - Pua *ZOOM	22 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person 5:30PM Pilates - Molly *ZOOM	23 6:30AM TBC - Beth *ZOOM 10:30AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	24 9am Zumba - Jamie *ZOOM 10AM Yoga - Jamie *ZOOM
25	26 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Jamie *ZOOM	27 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person	28 6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Zumba - Pua *ZOOM	29 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:15PM TBC - Mindy in-person 5:30PM Pilates - Molly *ZOOM	30 6:30AM TBC - Beth *ZOOM 10:30AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	

A New Month
Push yourself
Rejuvenate
Inspire others
Lift weights

ZOOM MEETINGS #5

MORNING TBC
958 - 7384 - 9312

YOGA
993 - 3037 - 2453

PILATES
918 - 8386 - 4889

WHOLE BODY STRETCH
954 - 6910 - 1900

SATURDAY WORKOUT
934 - 2871 - 2913

SOUND AND STRETCH
958 - 8676 - 8313

ZUMBA CIRCUIT
925 - 6184 - 0481

FOLLOW US ON FACEBOOK
"LANAI FIT CLASS"