

APRIL 2025

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	2	3	4	5
			10AM <i>Water Stability & Mobility</i> (Community Pool)		10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)	
6	7	8	9	10	11	12
	10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)		10AM <i>Water Stability & Mobility</i> (Community Pool)		10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)	
13	14	15	16	17	18	19
	10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)		10AM <i>Water Stability & Mobility</i> (Community Pool)		HOLIDAY 	
20	21	22	23	24	25	26
	10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)		10AM <i>Water Stability & Mobility</i> (Community Pool)		10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)	
27	28	29	30	 <p>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p>		

A New Month
Push yourself
R rejuvenate
I nspire others
L ift weights

CODE FOR ALL ZOOM CLASSES
 851-2230-2274

Classes with no specific location will be located around the community pool - basketball court, football field, grass area near parking