


AUGUST 2024

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
	 <p>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH</p>			1 10AM <i>Golden Aqua HIIT (Community Pool)</i>	2 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	3
4	5 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	6 10AM <i>Golden Aqua HIIT (Community Pool)</i>	7 10AM <i>Water Stability & Mobility (Senior Center)</i>	8 10AM <i>Golden Aqua HIIT (Community Pool)</i>	9	10 
11	12	13	14	15	16 HOLIDAY 	17
18	19 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	20 10AM <i>Golden Aqua HIIT (Community Pool)</i>	21 10AM <i>Water Stability & Mobility (Senior Center)</i>	22 10AM <i>Golden Aqua HIIT (Community Pool)</i>	23 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	24
25	26 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	27 10AM <i>Golden Aqua HIIT (Community Pool)</i>	28 10AM <i>Water Stability & Mobility (Senior Center)</i>	29 10AM <i>Golden Aqua HIIT (Community Pool)</i>	30 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	31

Wake Up Get Up Sweat and Train

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