

# AUGUST 2022

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 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	2	3	4 4:30PM <i>TBC - Mindy (Pool Pavilion)</i>	5 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	6
7	8 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	9	10 10AM <i>Silver Sneakers Chair Fitness (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	11 4:30PM <i>TBC - Mindy (Pool Pavilion)</i>	12 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	13
14	15 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	16	17 10AM <i>Silver Sneakers Chair Fitness (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	18 4:30PM <i>TBC - Mindy (Pool Pavilion)</i>	19 <b>HOLIDAY</b> 	20
21	22 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	23	24 10AM <i>Silver Sneakers Chair Fitness (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	25 4:30PM <i>TBC - Mindy (Pool Pavilion)</i>	26 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	27
28	29 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	30	31 10AM <i>Silver Sneakers Chair Fitness (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	 <p><b>Lānaʻi Community Health Center</b>                      565-6919                      #LANAIHEALTH</p>		

**Wake Up Get Up Sweat and Train**

**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 lot*