

DECEMBER 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		6	
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>								10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>			
7	8		9		10		11		12		13	
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>											
14	15		16		17		18		19		20	
									10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>			
21	22		23		24		25	HOLIDAY	26		27	
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>											
28	29		30		31							
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>						 <div>Lāna'i Community Health Center 565-6919 #LANAIHEALTH wellnessliving@lanaihealth.org</div>					

**Merry
"FITMAS"
and a
HEALTHY
New Year**

**CODE FOR ALL
ZOOM CLASSES**

851-2230-2274

Water Aerobics will be postponed for the month of December and will resume in January

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



**Lānaʻi Community
Health Center
565-6919**

#LANAIHEALTH

wellnessliving@lanaihealth.org

