February 2019

All classes are ***FREE*** & provided by Lanai Community Health Center. Donations are appreciated & help us continue our mission to provide quality healthcare on Lanai.

Lāna'i Community Health Center
565-6919

#LANAIHEALTH

SU	MON	TUE	WED	THU	FRI	SAT
					1 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WHOLE BODY STRETCH 4:00-5:00pm PILATES	2 7:30-8:30am TAI CHI 8:30-9:30am Y. FUSION 9:45-10:45am Y. SOCCER 9:45-10:30am CIRCUIT 10:30-11:30am R. YOGA
3	4 8-9:00am TAI CHI 9-10:00am LION D. P. 10-10:30am L.I. AEROBICS 10:30-11:30am W.B.STRETCH 2-3:00pm BEG. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT 5:30-6:30pm BEG. TBC 6:35-7:30pm YOGA	5 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am CHAIR FITNESS 4:30-5:25pm S. H. YOGA 5:30-6:15pm TBC 6:15-7:15pm BOXING	6 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WB STRETCH 1:30-2:30pm ITM. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT 5:30-6:30pm ZUMBA 6:35-7:30pm YOGA	7 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am L.I..AEROBICS 2 - 3:00pm ADV GYM 4:30-5:25pm C. S. YOGA 5:30-6:15pm TBC 6:15-8:15pm BOXING	8 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WHOLE BODY STRETCH 4:00-5:00pm PILATES	9 7:30-8:30am TAI CHI 8:30-9:30am Y. FUSION 9:45-10:30am CIRCUIT 10:30-11:30am R. YOGA
10	11 8-9:00am TAI CHI 9-10:00am LION D. P. 10-10:30am L.I. AEROBICS 10:30-11:30am W.B.STRETCH 2-3:00pm BEG. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT 5:30-6:30pm BEG. TBC 6:35-7:30pm YOGA	12 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am CHAIR FITNESS 4:30-5:25pm S. H. YOGA 5:30-6:15pm BEG. TBC 6:15-7:15pm BOXING	13 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WB STRETCH 1:30-2:30pm ITM. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT 5:30-6:30pm ZUMBA 6:35-7:30pm YOGA	14 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am L.I..AEROBICS 2 - 3:00pm ADV GYM 4:30-5:25pm C. S. YOGA 5:30-6:15pm TBC 6:15-8:15pm BOXING	15 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WHOLE BODY STRETCH 4:00-5:00pm PILATES	16 7:30-8:30am TAI CHI 8:30-9:30am Y. FUSION 9:45-10:45am Y. SOCCER 9:45-10:30am CIRCUIT 10:30-11:30am R. YOGA
17	18 8-9:00am TAI CHI 9-10:00am LION D. P. 10-10:30am L.I. AEROBICS 10:30-11:30am W.B.STRETCH 1:30-2:30pm BEG. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT 5:30-6:30pm BEG. TBC 6:35-7:30pm YOGA	19 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am CHAIR FITNESS 4:30-5:25pm S. H. YOGA 5:30-6:15pm TBC 6:15-7:15pm BOXING	20 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WB STRETCH 1:30-2:30pm ITM. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT	21 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am L.I..AEROBICS 2 - 3:00pm ADV GYM 4:30-5:25pm C. S. YOGA 5:30-6:15pm TBC 6:15-8:15pm BOXING	22 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WHOLE BODY STRETCH	23 7:30-8:30am TAI CHI 8:30-9:30am Y. FUSION 9:45-10:45am Y. SOCCER 9:45-10:30am CIRCUIT 10:30-11:30am R. YOGA
24	25 8-9:00am TAI CHI 9-10:00am LION D. P. 10-10:30am L.I. AEROBICS 10:30-11:30am W.B.STRETCH 2-3:00pm BEG. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT 5:30-6:30pm BEG. TBC 6:35-7:30pm YOGA	26 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am CHAIR FITNESS 4:30-5:25pm S. H. YOGA 5:30-6:15pm TBC 6:15-7:15pm BOXING	27 6:30-7:15am CIRCUIT 8-9:00am TAI CHI 9:30-10:30am WB STRETCH 1:30-2:30pm ITM. GYM. 3-4:00pm Y. BOXING 4:30-5:30pm Yoga SCULPT 5:30-6:30pm ZUMBA 6:35-7:30pm YOGA	28 8-9:00am TAI CHI 9-10:00am BEG.TAI CHI 10-10:30am L.I..AEROBICS 2 - 3:00pm ADV GYM 4:30-5:25pm C. S. YOGA 5:30-6:15pm TBC 6:15-8:15pm BOXING	*Classes located at the LCHC Multi Purpose room, unless noted in RED.*	*Off site locations* *Tai Chi M-F County gym* *Lion D.P. County Gym* *Y. Soccer Dole Park* *L.I. Aerobics and Chair Fitness Senior Center*

Love is in the air!!!

Love yourself too!

BOXING
- ***Youth Boxing***

CHAIR FITNESS *ages 55+*

CIRCUIT

GYMNASTICS
- ***Beginner*** *ages 5 and under*
- ***Intermediate*** *ages 6 and above*
- ***Advanced*** *invitation per ability level*

LION DANCE PRACTICE

LOW IMPACT AEROBICS *Ages 55+*

PILATES

TAI CHI
- ***Beginner Tai Chi***

TOTAL BODY CONDITIONING
- ***Beginner T.B.C.***

WHOLE BODY STRETCH

YOGA
- ***Core Strength Yoga***
- ***Restorative Yoga***
- ***Spinal Health Yoga***
- ***Yoga Sculpt***

YOUTH FUSION
Includes TaiChi, Lion Dance & Gymnastics

YOUTH SOCER

ZUMBA