

FEBRUARY 2021

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 WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Jamie *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Zumba Circuit - Jamie *ZOOM	11AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Pilates - Molly *ZOOM	6:30AM TBC - Beth *ZOOM 10:30AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	9am Zumba - Jamie *ZOOM 10AM YOGA - Jamie *ZOOM
7	8	9	10	11	12	13
14	15 HOLIDAY 	16	17	18	19	20
21	22	23	24	25	26	27
28	 <p>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH</p>					
						

LOVE yourself
 enough to
 live a
HEALTHY
 lifestyle

ZOOM MEETINGS #S

MORNING TBC
 958 - 7384 - 9312

YOGA
 993 - 3037 - 2453

PILATES
 918 - 8386 - 4889

WHOLE BODY
 STRETCH
 954 - 6910 - 1900

SATURDAY WORKOUT
 934 - 2871 - 2913

SOUND AND
 STRETCH
 958 - 8676 - 8313

ZUMBA CIRCUIT
 925 - 6184 - 0481

FOLLOW US ON
 FACEBOOK
 "LANAI FIT CLASS"