

# JANUARY 2023

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	HOLIDAY	3		4		5		6		7	
			9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)		10AM <i>Water Aerobics</i> (Community Pool)		10AM <i>Silver Sneakers Chair Yoga</i> (Senior Center)		9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)			
			5:30PM <i>PILATES - Jennifer</i>				5:30PM <i>PILATES - Jennifer</i>		10AM <i>Silver Sneakers Balance &amp; Mobility</i> (Senior Center)			
8	9		10		11		12		13		14	
	10AM <i>Silver Sneakers Balance &amp; Mobility</i> (Senior Center)		9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)		10AM <i>Water Aerobics</i> (Community Pool)		10AM <i>Silver Sneakers Chair Yoga</i> (Senior Center)		9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)			
			5:30PM <i>PILATES - Jennifer</i>				5:30PM <i>PILATES - Jennifer</i>					
15	16		17		18		19		20		21	
			9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)				10AM <i>Silver Sneakers Chair Yoga</i> (Senior Center)		9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)			
			5:30PM <i>PILATES - Jennifer</i>				5:30PM <i>PILATES - Jennifer</i>					
22	23		24		25		26		27		28	
			9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)				10AM <i>Silver Sneakers Chair Yoga</i> (Senior Center)		9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)			
			5:30PM <i>PILATES - Jennifer</i>				5:30PM <i>PILATES - Jennifer</i>					
29	30		31		 <b>Lāna'i Community Health Center</b> <b>565-6919</b> <b>#LANAIHEALTH</b>							
			9:30AM <i>WBS - Akiko</i> (ZOOM & In-Person)									
			5:30PM <i>PILATES - Jennifer</i>									

**New YEAR,  
New  
GOALS,  
New YOU!!**

**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**