

JANUARY 2026

Silver Sneakers Fitness Classes tailored for Kupuna 65+ hosted by

Email wellnessliving@lanaihealth.org for further inquiry or call (808) 565-6919 and ask for the Wellness Dept.



LCHC

LĀNA‘I COMMUNITY HEALTH CENTER

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	01	02	03
04	05 Chair Fitness Senior Center 10:00AM	06 Aqua Aerobics Community Pool 11:00AM	07 Aqua Mobility Community Pool 11:00AM	08	09 Chair Fitness Senior Center 10:00AM	10
11	12 Chair Fitness Senior Center 10:00AM	13 Aqua Aerobics Community Pool 11:00AM	14 Aqua Mobility Community Pool 11:00AM	15	16 Chair Fitness Senior Center 10:00AM	17
18	19	20 Aqua Aerobics Community Pool 11:00AM	21	22	23	24
25	26	27	28 Aqua Mobility Community Pool 11:00AM	29	30 Chair Fitness Senior Center 10:00AM	31