

# JANUARY 2022

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	
	 <p><b>Lāna'i Community Health Center</b>                      565-6919                      #LANAIHEALTH</p>						1 <b>HOLIDAY</b> 
2	3	4	5	6	7	8	
	4:30PM <i>PILATES - Jamie</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  4:30PM <i>YOGA - Jamie</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	10AM <i>YOGA - Jamie</i>	
9	10	11	12	13	14	15	
	6:30AM <i>TBC - Mindy (ZOOM)</i>  4:30PM <i>PILATES - Jamie</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>  4:30PM <i>YOGA - Jamie</i> 5:00PM <i>ZUMBA - Pua</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	10AM <i>YOGA - Jamie</i>	
16	17	18	19	20	21	22	
	<b>HOLIDAY</b>  	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>  4:30PM <i>YOGA - Jamie</i> 5:00PM <i>ZUMBA - Pua</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>  5:30PM <b>FAMILY FITNESS NIGHT (ZUMBA)</b> <i>Dole Park</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	10AM <i>YOGA - Jamie</i>	
23	24	25	26	27	28	29	
	6:30AM <i>TBC - Mindy (ZOOM)</i>  4:30PM <i>PILATES - Jamie</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>  4:30PM <i>YOGA - Jamie</i> 5:00PM <i>ZUMBA - Pua</i>	6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>		6:30AM <i>TBC - Mindy (ZOOM)</i>  9AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	10AM <i>YOGA - Jamie</i>	

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

**CODE FOR ALL ZOOM CLASSES**  
 851-2230-2274

**ALL CLASSES will be located around the community pool - basketball court, football field, grass area near parking lot**