

# JANUARY 2019

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 MON

TUE

WED

THU

FRI

SAT



Lana'i Community Health Center  
565-6919

#LANAIHEALTH



No Classes

**6**  
8:00-9:00am TAI CHI  
9:00-10:00am LION D. P.  
10:00-10:30am L.I. AEROBICS  
*Ages 55+ Loc: Senior Center*  
10:30-11:30am W.B.STRETCH  
1:30-2:30pm BEG. GYM.  
4:30-5:30pm Y. BOXING  
5:30-6:30pm BEG. TBC  
6:35-7:30pm YOGA

**7**  
8:00-9:00am TAI CHI  
9:00-10:00am BEG.TAI CHI  
10:00-10:30am CHAIR FITNESS  
*Ages 55+ Loc: Senior Center*  
4:30-5:25pm S. H. YOGA  
5:30-6:15pm TBC  
6:15-7:15pm BOXING

**8**  
6:30-7:15am CIRCUIT  
8:00-9:00am TAI CHI  
1:30-2:30pm ADV. GYM.  
4:30-5:30pm Y. BOXING  
5:30-6:30pm PILATES  
6:35-7:30pm YOGA

**9**  
6:30-7:15am CIRCUIT  
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4:30-5:25pm C. S. YOGA  
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6:15-8:15pm BOXING

**11**  
6:30-7:15am CIRCUIT  
8:00-9:00am TAI CHI  
9:30-10:30am WHOLE BODY STRETCH  
4:00-5:00pm PILATES

**12**  
7:30-8:30am TAI CHI  
8:30-9:30am Y. FUSION  
9:45-10:45am SOCCER  
9:30-10:15am CIRCUIT  
10:15-11:15am R. YOGA

**13**  
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*Ages 55+ Loc: Senior Center*



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

-L.I. AEROBICS: Low Impact Aerobics  
-LION D. P.: Lion Dance Practice  
-T. B. C.: Total Body Conditioning  
-S. H. YOGA: Spinal Health Yoga  
-C. S. YOGA: Core Strength Yoga  
-R. YOGA: Restorative Yoga  
-W. B. STRETCH: Whole Body Stretch  
-GYM.: Gymnastics (Beg. Ages 4-7)  
(Adv. Ages 8-12+)  
-Y. FUSION: Youth Class includes TaiChi, Lion Dance, and Gymnastics

ALL CLASSES are located at the LCHC MP Room except the following:  
-TAI CHI Mon-Friday at the County Gym  
-LION D. P. at County Gym  
-Y. SOCCER at Dole Park