JULY 2024

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 *Silver Sneakers Balance & Mobility (Senior Center)*	2 10AM *Golden Aqua HIIT (Community Pool)*	3 10AM *Water Stability & Mobility (Senior Center)*	4 HOLIDAY 	5 10AM *Silver Sneakers Balance & Mobility (Senior Center)*	6
7	8 10AM *Silver Sneakers Balance & Mobility (Senior Center)*	9 10AM *Golden Aqua HIIT (Community Pool)*	10 10AM *Water Stability & Mobility (Senior Center)*	11 10AM *Golden Aqua HIIT (Community Pool)*	12 10AM *Silver Sneakers Balance & Mobility (Senior Center)*	13
14	15 10AM *Silver Sneakers Balance & Mobility (Senior Center)*	16 10AM *Golden Aqua HIIT (Community Pool)*	17 10AM *Water Stability & Mobility (Senior Center)*	18	19	20
21	22 10AM *Silver Sneakers Balance & Mobility (Senior Center)*	23 10AM *Golden Aqua HIIT (Community Pool)*	24 10AM *Water Stability & Mobility (Senior Center)*	25 10AM *Golden Aqua HIIT (Community Pool)*	26 10AM *Silver Sneakers Balance & Mobility (Senior Center)*	27
28	29 10AM *Silver Sneakers Balance & Mobility (Senior Center)*	30 10AM *Golden Aqua HIIT (Community Pool)*	31 10AM *Water Stability & Mobility (Senior Center)*	Lānaʻi Community Health Center 565-6919 #LANAIHEALTH		

STOP SAYING "I WISH" START SAYING "I WILL"

Classes with no specific location will be located around the community pool - basketball court, football field, grass area near parking lot