

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Lānaʻi Community Health Center</b> 565-6919</p> <p><b>#LANAIHEALTH</b></p>					<b>1</b> 7:30-8:30am TAI CHI (Hung) 8:30-9:30am Y. FUSION (Hung) 9:45-10:45am Y. SOCCER (Hung) 9:45-10:30am CIRCUIT (Jamie) 10:30-11:30am R. YOGA (Jamie)
<b>2</b>	<b>3</b> 8-9:00am TAI CHI (Hung) 9-10:00am LION D.P. (Hung) 10-10:30am L.I. AEROBICS (Brent)  2-3:00pm BEG. GYM (Hung) 3-4:00pm Y. BOXING (Travis) 4-6:00pm Y. WRESTLING (Taz) 5:30-6:30pm PILATES (Jamie) 6:35-7:30pm YOGA (Jamie)	<b>4</b> 8-9:00am TAI CHI (Hung) 9-10:00am BEG TAI CHI (Hung) 10-10:30am CHAIR FITNESS (Akiko) 10:45-11:45am WHOLE BODY STRETCH (Akiko) 4-6:00pm Y. WRESTLING (Taz) 4:30-5:25pm S. H. YOGA (Danyel) 4:30-6:30pm Y. GIRLS VBALL (10U) 5:30-6:15pm TBC (Jamie) 6:15-7:15pm BOXING (Travis)	<b>5</b> 6:30-7:15am TBC (Mindy) 8-9:00am TAI CHI (Hung)  2-3:00pm ITM-ADV GYM (Hung) 3-4:00pm Y. BOXING (Travis) 4-6:00pm Y. WRESTLING (Taz) 4:30-5:25pm YOGA (Danyel) 5:30-6:30pm ZUMBA (Pua)	<b>6</b> 8-9:00am TAI CHI (Hung) 9-10:00am BEG TAI CHI (Hung) 10-10:30am L. I. AEROBICS (Brent) 2-3:00pm Y. TAI CHI (Hung) 3:30-4:25pm PILATES (Jamie) 4-6:00pm Y. WRESTLING (Taz) 4:30-6:30pm Y. GIRLS VBALL (14U) 5:30-6:15pm TBC (Mindy) 6:15-8:15pm BOXING (Travis)	<b>7</b> 6:30-7:15am TBC (Mindy) 8-9:00am TAI CHI (Hung) 10-10:30am BALANCE (Brent) 4-6:00pm Y. WRESTLING (Taz)	<b>8</b> 7:30-8:30am TAI CHI (Hung) 8:30-9:30am Y. FUSION (Hung) 9:45-10:45am Y. SOCCER (Hung) 9:45-10:30am CIRCUIT (Jamie) 10:30-11:30am R. YOGA (Jamie)
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**Just  
Get Up  
and  
Move**

**BOXING**  
-Youth Boxing

**LION DANCE PRACTICE**

**PILATES**

**SENIOR FITNESS** Ages 55+

-Balance  
-Chair Fitness  
-Low Impact Aerobics

**TAI CHI**

- Beginner Tai Chi

**TOTAL BODY**

**CONDITIONING**

-Beginner T.B.C.

**WHOLE BODY STRETCH**

**YOGA**

-Core Strength Yoga  
-Restorative Yoga  
-Spinal Health Yoga

**YOUTH FUSION**

Includes Tai Chi, Lion Dance & Gymnastics

**YOUTH GYMNASTICS**

-Beginner ages 5 & under  
-Int & Adv ages 6+

**YOUTH SOCCER**

**YOUTH VOLLEYBALL**

-Girls ages 8-13

**YOUTH WRESTLING**

-Beginner ages 5-9 4-5pm  
-Adv ages 10-14 4-6pm

**ZUMBA**