

JUNE 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>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p>		1	2	3	4	
			10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>			
				4:30PM <i>TBC - Mindy (Dole Park)</i>			
5		6	7	8	9	10	11
		5:30PM <i>ZUMBA - Pua</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 4:30PM <i>TBC - Mindy (Dole Park)</i>	10AM <i>Silver Sneakers Chair Fitness (Senior Center)</i> 5:30PM <i>ZUMBA - Pua</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 4:30PM <i>TBC - Mindy (Dole Park)</i>	HOLIDAY 	
12	13	14	15	16	17	18	
	5:30PM <i>ZUMBA - Pua</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 4:30PM <i>TBC - Mindy (Dole Park)</i>	10AM <i>Silver Sneakers Chair Fitness (Senior Center)</i> 5:30PM <i>ZUMBA - Pua</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 4:30PM <i>TBC - Mindy (Dole Park)</i>			
19	20	21	22	23	24	25	
	5:30PM <i>ZUMBA - Pua</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 4:30PM <i>TBC - Mindy (Dole Park)</i>	10AM <i>Silver Sneakers Chair Fitness (Senior Center)</i> 5:30PM <i>ZUMBA - Pua</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 4:30PM <i>TBC - Mindy (Dole Park)</i>			
26	27	28	29	30			

**Just
Get Up
and
Move**

CODE FOR ALL ZOOM CLASSES
851-2230-2274

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