

# MARCH 2020

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	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	 <p><b>Lana'i Community Health Center</b> 565-6919 #LANAIHEALTH</p>			

**Don't WISH  
for it,  
WORK for  
it.**

SENIOR FITNESS Ages 55+  
 -Balance  
 -Chair Fitness  
 -Low Impact Aerobics  
 - Boom Move  
 at the Senior Center

TAI CHI  
 - Beginner Tai Chi  
 - Lion Dance Practice  
 at the County Gym

TOTAL BODY  
 CONDITIONING  
 - T.B.C.

WHOLE BODY STRETCH  
 (Low impact Yoga)

YOGA  
 -Core Strength Yoga  
 -Restorative Yoga  
 -Spinal Health Yoga  
 -Yoga Flow

YOUTH KICKBOXING  
 Kindergarten - 5th grade

YOUTH SOCCER  
 Kindergarten - 5th grade  
 at Pulama Football Field

YOUTH WRESTLING  
 -Beginner 5-6p  
 -Advanced 6-7p  
 at LHES Gym

TAI CHI / KUNG FU  
 FOR KIDS  
 Kindergarten - 5th grade  
 at LHES Gym

YOUTH GYMNASTICS  
 at LHES Gym

GIRLS GYMNASTICS  
 at LHES Gym

LHES Family Fitness Night  
 School Cafeteria

Updated: February 28, 2020