

MAY 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 |
|-----|---|---|--|---|---|--------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 4:30PM <i>PILATES - Jamie</i> | 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 4:30PM <i>TBC - Jamie</i> 5:30-6PM <i>ZUMBA - Jamie</i> | | 5:30PM FAMILY FITNESS NIGHT - Kickball | 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> | 10AM <i>YOGA - Jamie</i> |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 10AM <i>Silver Sneakers Class (Senior Center)</i> 4:30PM <i>PILATES - Jamie</i> | 10AM <i>Silver Sneakers Class (Senior Center)</i> 4:30PM <i>TBC - Jamie</i> 5:00PM <i>ZUMBA - Pua</i> | | | | 10AM <i>YOGA - Jamie</i> |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 10AM <i>Silver Sneakers Class (Senior Center)</i> 4:30PM <i>PILATES - Jamie</i> | 10AM <i>Silver Sneakers Class (Senior Center)</i> 4:30PM <i>TBC - Jamie</i> 5:00PM <i>ZUMBA - Pua</i> | | | | 10AM <i>YOGA - Jamie</i> |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 10AM <i>Silver Sneakers Class (Senior Center)</i> 4:30PM <i>PILATES - Jamie</i> | 10AM <i>Silver Sneakers Class (Senior Center)</i> 4:30PM <i>TBC - Jamie</i> 5:30-6PM <i>ZUMBA - Jamie</i> | | | | 10AM <i>YOGA - Jamie</i> |
| 29 | 30 | 31 |  <p>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p> | |  | |
| | HOLIDAY  MEMORIAL DAY REMEMBER & HONOR | 10AM <i>Silver Sneakers Class (Senior Center)</i> 4:30PM <i>TBC - Jamie</i> 5:30-6PM <i>ZUMBA - Jamie</i> | | | | |

BE
Motivated
Ambitious
You

CODE FOR ALL ZOOM CLASSES
 851-2230-2274

ALL CLASSES will be located around the community pool - basketball court, football field, grass area near parking lot