


MAY 2019

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 6:30-7:15am TBC (Brent sub) 8-9:00am TAI CHI (Hung) 2-3:00pm ITM-ADV GYM (Hung) 3-4:00pm Y. BOXING (Travis) 4:30-5:30pm Y. GIRLS VBALL (10U) 4:30-5:25pm YOGA (Danyel) 5:30-6:30pm ZUMBA (Pua)	2 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) 4:30-5:25pm C. S. YOGA (Danyel) 5:30-6:15pm TBC (Jamie sub) 6:15-8:15pm BOXING (Travis)	3 6:30-7:15am TBC (Beth sub) 8-9:00am TAI CHI (Hung) 9:30-10:30am WHOLE BODY STRETCH (Akiko) 10-10:30am BALANCE (Brent) 4:30-6:30pm Y. GIRLS VBALL	4 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)
5		6	7	8	9	10
	8-9:00am TAI CHI (Hung) 9-10:00am LION D.P. (Hung) 10-10:30am L.I. AEROBICS (Akiko) 10:30-11:30am WHOLE BODY STRETCH (Akiko) 2-3:00pm BEG. GYM (Hung) 3-4:00pm Y. BOXING (Travis) 4:30-5:30pm Y. GIRLS VBALL (10U) 5:30-6:30pm PILATES (Jamie) 6:35-7:30pm YOGA (Jamie)	8-9:00am TAI CHI (Hung) 9-10:00am BEG TAI CHI (Hung) 10-10:30am CHAIR FITNESS (Brent) 4:30-5:25pm S. H. YOGA (Danyel) 4:30-6:30pm Y. GIRLS VBALL (14U) 5:30-6:15pm TBC (Jamie) 6:15-7:15pm BOXING (Travis)	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)	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) 4:30-5:25pm C. S. YOGA (Danyel) 4:30-6:30pm Y. GIRLS VBALL (14U) 5:30-6:15pm TBC (Mindy) 6:15-8:15pm BOXING (Travis)	6:30-7:15am TBC (Mindy) 8-9:00am TAI CHI (Hung) 9:30-10:30am WHOLE BODY STRETCH (Akiko) 10-10:30am BALANCE (Brent) 4:30-6:30pm Y. GIRLS VBALL	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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19	20	21	22	23	24	25
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26	27	28	29	30	31	
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BE
Motivated
Ambitious
You

BALANCE ages 55+

BOXING
 -Youth Boxing

CHAIR FITNESS ages 55+

GYMNASTICS
 -Beginner ages 5 and under
 -Intermediate/Advance Ages 6 and above per ability level

LION DANCE PRACTICE

LOW IMPACT AEROBIC Ages 55+

PILATES

TAI CHI
 -Beginner Tai Chi
 -Youth 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 SOCCER

YOUTH VOLLEYBALL
 - Girls 14 and Under
 - Girls 10 and Under

ZUMBA