

# NOVEMBER 2021

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 4:30PM PILATES - Jamie 5:30PM YOGA - Jamie	2	3 9AM WBS - Akiko (ZOOM & In-Person)	4	5 9AM WBS - Akiko (ZOOM & In-Person)	6 10AM YOGA - Jamie
7	8 4:30PM PILATES - Jamie 5:30PM YOGA - Jamie	9	10 9AM WBS - Akiko (ZOOM & In-Person) 5:30PM ZUMBA - Pua	11 	12 9AM WBS - Akiko (ZOOM & In-Person)	13 10AM YOGA - Jamie
14	15 4:30PM PILATES - Jamie 5:30PM YOGA - Jamie	16	17 9AM WBS - Akiko (ZOOM & In-Person)	18	19 9AM WBS - Akiko (ZOOM & In-Person)	20 10AM YOGA - Jamie
21	22 4:30PM PILATES - Jamie 5:30PM YOGA - Jamie	23	24 9AM WBS - Akiko (ZOOM & In-Person) 5:30PM ZUMBA - Pua	25 	26 9AM WBS - Akiko (ZOOM & In-Person)	27 10AM YOGA - Jamie
28	29 4:30PM PILATES - Jamie 5:30PM YOGA - Jamie	30	 <p><b>Lāna'i Community Health Center</b>                      565-6919                      #LANAIHEALTH</p>			

Make  
*November*  
 a month to  
*remember*

ZOOM MEETINGS #5

WHOLE BODY  
 STRETCH  
 851-2230-2274

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