SEPTEMBER 2023

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
	Lānaʻi Community Health Center 565-6919 #LANAIHEALTH wellnessliving@lanaihealth.org			1 10AM Silver Sneakers Balance & Mobility (Senior Center)	2
3	4 HOLIDAY 	5	6 10AM Water Aerobics (Community Pool)	7 10AM Silver Sneakers Chair Yoga (Senior Center) 5:30PM PILATES - Jennifer	8 9AM WBS - Akiko (ZOOM & In-Person) 10AM Silver Sneakers Balance & Mobility (Senior Center)	9
10	11 10AM Silver Sneakers Balance & Mobility (Senior Center)	12	13 10AM Water Aerobics (Community Pool)	14 10AM Silver Sneakers Chair Yoga (Senior Center) 5:30PM PILATES - Jennifer	15 9AM WBS - Akiko (ZOOM & In-Person) 10AM Silver Sneakers Balance & Mobility (Senior Center)	16
17	18 10AM Silver Sneakers Balance & Mobility (Senior Center)	19 9AM WBS - Akiko (ZOOM & In-Person) 10AM Silver Sneakers Chair Yoga (Senior Center)	20 10AM Water Aerobics (Community Pool)	21 5:30PM PILATES - Jennifer	22 10AM Silver Sneakers Balance & Mobility (Senior Center)	23 9AM WBS - Akiko (ZOOM & In-Person)
24	25 10AM Silver Sneakers Balance & Mobility (Senior Center)	26	27 10AM Water Aerobics (Community Pool)	28 5:30PM PILATES - Jennifer	29 10AM Silver Sneakers Balance & Mobility (Senior Center)	30

SUCCESS doesn't come to you, YOU GO TO IT.

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