

SEPTEMBER 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		
	 <p>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p>		1		2			
					9:30AM	WBS - Akiko	10AM	YOGA - Jamie
5		6	HOLIDAY	7				
				8				
						6:30AM	TBC - Mindy (ZOOM)	9:30AM
			5:30PM	ZUMBA - Pua	6PM	FAMILY FITNESS NIGHT - ZUMBA *Virtual	10AM	YOGA - Jamie
12	13		14	15	16	17	18	
	9:30AM	WBS - Akiko	6:30AM	TBC - Mindy (ZOOM)	6:30AM	TBC - Mindy (ZOOM)	9:30AM	WBS - Akiko
	4:30PM	PILATES - Jamie					10AM	YOGA - Jamie
	5:30PM	YOGA - Jamie	5:30PM	ZUMBA - Pua				
19	20		21	22	23	24	25	
	9:30AM	WBS - Akiko	6:30AM	TBC - Mindy (ZOOM)	6:30AM	TBC - Mindy (ZOOM)	9:30AM	WBS - Akiko
	4:30PM	PILATES - Jamie					10AM	YOGA - Jamie
	5:30PM	YOGA - Jamie	5:30PM	ZUMBA - Pua				
26	27		28	29	30			
	9:30AM	WBS - Akiko	6:30AM	TBC - Mindy (ZOOM)	6:30AM	TBC - Mindy (ZOOM)		
	4:30PM	PILATES - Jamie						
	5:30PM	YOGA - Jamie	5:30PM	ZUMBA - Pua				

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

ZOOM MEETINGS #S
 MORNING TBC
 958 - 7384 - 9312

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

