

SEPTEMBER 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
	 <p>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p>			1 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>	2 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	3
4	5 HOLIDAY	6	7	8	9	10
			9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
11	12	13	14	15	16	17
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	5:30PM <i>PILATES - Jennifer</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
18	19	20	21	22	23	24
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	5PM FAMILY FITNESS NIGHT - Capture The Flag	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	5:30PM <i>PILATES - Jennifer</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
25	26	27	28	29	30	
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 5:15PM <i>ZUMBA - Pua</i>	10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	

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**