

SEPTEMBER 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	
1	2 HOLIDAY 	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	  <p>Lana'i Community Health Center 565-6919 #LANAIHEALTH</p>					

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

BOXING
-Youth Boxing

LION DANCE PRACTICE

PILATES

SENIOR FITNESS Ages 55-
-Balance
-Chair Fitness
-Low Impact Aerobics

TAI CHI
- Beginner Tai Chi

TAI CHI / KUNG FU
FOR KIDS

TOTAL BODY
CONDITIONING
-Beginner T.B.C.

WHOLE BODY STRETCH

YOGA
-Core Strength Yoga
-Restorative Yoga
-Spinal Health Yoga

YOUTH GYMNASTICS
-Ages 5 & up

YOUTH SOCCER

YOUTH WRESTLING
-Beginner ages 5-9 4-5pm
-Adv ages 10-14 4-6pm

ZUMBA
-Zumba STRONG

Updated: August 30, 2019
All BOXING classes on
temporary hold.