SEPTEMBER 2020

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 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	2 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	3 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM* 5:30PM *Pilates - Jamie* *ZOOM*	4 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM*	5 9am *Zumba - Pua* *ZOOM* 10AM *YOGA - Jamie* *ZOOM*
6	7 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM* 5:30PM *Pilates - Molly* *ZOOM*	8 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	9 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	10 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM* 5:30PM *Pilates - Jamie* *ZOOM*	11 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM*	12 9am *Zumba - Jamie* *ZOOM* 10AM *YOGA - Jamie* *ZOOM*
13	14 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM* 5:30PM *Pilates - Molly* *ZOOM*	15 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	16 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	17 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM* 5:30PM *Pilates - Jamie* *ZOOM*	18 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM*	19 9am *Zumba - Jamie* *ZOOM* 10AM *YOGA - Jamie* *ZOOM*
20	21 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM* 5:30PM *Pilates - Molly* *ZOOM*	22 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	23 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	24 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM* 5:30PM *Pilates - Jamie* *ZOOM*	25 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM*	26 9am *Zumba - Jamie* *ZOOM* 10AM *YOGA - Jamie* *ZOOM*
27	28 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Jamie* *ZOOM* 5:30PM *Pilates - Molly* *ZOOM*	29 10AM *Sound&Stretch - C.R* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*	30 6:30AM *TBC - Beth* *ZOOM* 10AM *WBS - Akiko* *ZOOM* 4:30PM *Yoga - Danyel* *ZOOM*			

Lānaʻi Community Health Center
565-6919
#LANAIHEALTH

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

ZOOM MEETINGS #S

MORNING TBC
958 - 7384 - 9312

YOGA
993 - 3037 - 2453

PILATES
918 - 8386 - 4889

WHOLE BODY STRETCH
954 - 6910 - 1900

SATURDAY WORKOUT
934 - 2871 - 2913

SOUND AND STRETCH
958 - 8676 - 8313

FOLLOW US ON FACEBOOK
"LANAI FIT CLASS"