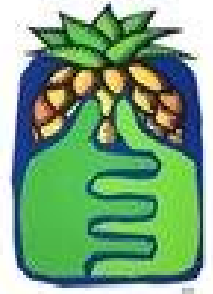



MAY 2020

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
 <p>Lana'i Community Health Center 565-6919 #LANAIHEALTH</p>					<p>1</p> <p>9AM Zumba - Jamie *ZOOM</p> <p>10AM Kids Fitness - Mindy FB Live</p> <p>11AM WBS - Akiko *ZOOM</p> <p>2PM TBC BW - Beth *ZOOM</p> <p>4PM Yoga - Jamie *ZOOM</p>	<p>2</p> <p>9 - 9:45am Bodyweight TBC ZOOM with Jamie</p> <p>10am - 11am YOGA ZOOM with Jamie</p>
3	4	5	6	7	8	9
9AM Zumba - Jamie *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	9AM Zumba - Jamie *ZOOM	9 - 9:45am Bodyweight TBC ZOOM with Jamie
10AM Kids Fitness - Mindy FB Live	10AM Kids Fitness - Mindy FB Live	9AM SS - Balance ZOOM Kids Fitness - Mindy	9AM SS - Balance ZOOM Kids Fitness - Mindy	10AM Kids Fitness - Mindy FB Live	10AM Kids Fitness - Mindy FB Live	10am - 11am YOGA ZOOM with Jamie
11AM WBS - Akiko *ZOOM	11AM Sound&Stretch - C.R FB Live	11AM WBS - Akiko *ZOOM	11AM WBS - Akiko *ZOOM	11AM Sound&Stretch - C.R FB Live	11AM WBS - Akiko *ZOOM	ZOOM with Jamie
2PM TBC BW - Beth *ZOOM	2PM TBC Weigted - Mindy *ZOOM	2PM TBC BW - Jamie *ZOOM	2PM TBC BW - Jamie *ZOOM	2PM TBC Weigted - Beth *ZOOM	2PM TBC BW - Beth *ZOOM	
4PM Yoga - Jamie *ZOOM	5:30PM Pilates - Jamie *ZOOM	5:30PM Zumba - Pua *ZOOM	5:30PM Zumba - Pua *ZOOM	4PM Yoga - Jamie *ZOOM	4PM Yoga - Jamie *ZOOM	
10	11	12	13	14	15	16
9AM Zumba - Jamie *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	9AM Zumba - Jamie *ZOOM	9 - 9:45am Bodyweight TBC ZOOM with Jamie
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2PM TBC BW - Beth *ZOOM	2PM TBC Weigted - Beth *ZOOM	2PM TBC BW - Jamie *ZOOM	2PM TBC BW - Jamie *ZOOM	2PM TBC Weigted - Beth *ZOOM	2PM TBC BW - Beth *ZOOM	
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17	18	19	20	21	22	23
9AM Zumba - Jamie *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	9AM Zumba - Jamie *ZOOM	9 - 9:45am Bodyweight TBC ZOOM with Jamie
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2PM TBC BW - Beth *ZOOM	2PM TBC Weigted - Mindy *ZOOM	2PM TBC BW - Jamie *ZOOM	2PM TBC BW - Jamie *ZOOM	2PM TBC Weigted - Mindy *ZOOM	2PM TBC BW - Beth *ZOOM	
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24	25	26	27	28	29	30
HOLIDAY		8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	8AM Yoga - Danyel *ZOOM	9AM Zumba - Jamie *ZOOM	9 - 9:45am Bodyweight TBC ZOOM with Jamie
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BE
Motivated
Ambitious
You

ZOOM MEETINGS #S

KIDS FITNESS
963 - 8477 - 9606

EVERYDAY TBC
955 - 8998 - 4377

MORNING YOGA
987 - 5393 - 9392

SILVER SNEAKERS
BALANCE CLASS
999 - 1458 - 7002

MORNING ZUMBA
947 - 0780 - 4130

EVENING ZUMBA
979 - 7768 - 4458

AFTERNOON YOGA
994 - 350 - 895

PILATES
944 - 5878 - 0311

WHOLE BODY
STRETCH
914 - 0376 - 1961

SATURDAY WORKOUT
870 - 927 - 410

FOLLOW US ON
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"LANAI FIT CLASS"