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	
3014		I		IOLSDAI		VEDIVESDAT		THORSDAT	1	INDAT	2	SATORDAT	BE
	005000000	/.			0	heart th	entered		9AM	Zumba - Jamie	_	_ _	M otivated
	A SE	Lāna'i	comr	nunity	sleep	school wheel	akfast 5	X		*ZOOM	9 - 9:45am	Bodyweight TBC	
	5293				8	education & . E	good t	walking walking	10AM	Kids Fitness - Mindy		ZOOM with Jamie	<u>A</u> mbitious
	3	Heal	th Ce	nter	bal	ance 5 🖺 🗏	whole	Some	11 4 4 4 4	FB Live	10am - 11ar		N 7
	5	tel telle state in			hea	The second later of the second	b	reath food	11AM	WBS - Akiko *ZOOM		ZOOM with Jamie	Y ou
		56	5-693	19	wa	LCI # E W	elir	1ess	2PM	TBC BW - Beth			
		#I A NI A I		1 1	vit		s-reduction	laughter		*ZOOM			
		#LANAI	ПСАЦІІ	П	stro	ng lunch Sign frie	novement	playful safety	4PM	Yoga - Jamie			
					301	Well systems and Infe	nus	Salety		*ZOOM			ZOOM MEETINGS #S
3	4		5		6		7		8		9		200101 10122111103 113
	9AM	Zumba - Jamie	8AM	Yoga - Danyel	8AM	Yoga - Danyel	8AM	Yoga - Danyel	9AM	Zumba - Jamie			
		*ZOOM		*ZOOM		*ZOOM		*ZOOM		*ZOOM	9 - 9:45am	Bodyweight TBC	KIDS FITNESS
	10AM	Kids Fitness - Mindy	10AM		9AM	SS - Balance ZOOM						ZOOM with Jamie	963 - 8477 - 9606
	11AM	FB Live WBS - Akiko	11AM	FB Live Sound&Stretch - C.R	10AM	Kids Fitness - Mindy FB Live	11AM	Sound&Stretch - C.R	11AM	WBS - Akiko	10am - 11ar	n <mark>YOGA</mark> ZOOM with Jamie	EVERYDAY TBC
	±±/~\ ¥	*ZOOM	1101V		11AM	WBS - Akiko	1101A1	FB Live	TTOIN	*ZOOM		LOCIVI WILII JUIIIIE	955 - 8998 - 4377
	2PM	TBC BW - Beth	2PM	TBC Weigted - Mindy	·	*ZOOM	2PM	TBC Weigted - Beth	2PM	TBC BW - Beth			
		*ZOOM		*ZOOM	2PM	TBC BW - Jamie		*ZOOM		*ZOOM			
	4PM	Yoga - Jamie		5 11		*ZOOM		5# · · · · · · · ·	4PM	Yoga - Jamie			MORNING YOGA
		*ZOOM	5:30PM	Pilates - Jamie *ZOOM	5:30PM	Zumba - Pua *ZOOM	5:30PM	Pilates -Molly *ZOOM		*ZOOM			987 - 5393 - 9392
10	11		12	200101	13	200101	14	200101	15		16		SILVER SNEAKERS
		Zumba - Jamie	8AM	Yoga - Danyel	8AM	Yoga - Danyel	8AM	Yoga - Danyel	9AM	Zumba - Jamie			BALANCE CLASS
		*ZOOM		*ZOOM		*ZOOM		*ZOOM		*ZOOM	9 - 9:45am	Bodyweight TBC	999 - 1458 - 7002
												ZOOM with Jamie	NAODNING ZUNADA
	11AM	WBS - Akiko	11AM	Sound&Stretch - C.R			11AM	Sound&Stretch - C.R	11AM	WBS - Akiko	10am - 11ar	n <mark>YOGA</mark> ZOOM with Jamie	MORNING ZUMBA 947 - 0780 - 4130
	IIAW	*ZOOM	IIAW	FB Live	11AM	WBS - Akiko	IIAW	FB Live	IIAW	*ZOOM		200W With Junie	547 0700 41 3 0
	2PM	TBC BW - Beth	2PM	TBC Weigted - Beth	,	*ZOOM	2PM	TBC Weigted - Beth	2PM	TBC BW - Beth			EVENING ZUMBA
		*ZOOM		*ZOOM	2PM	TBC BW - Jamie		*ZOOM		*ZOOM			979 - 7768 -4458
	4PM	Yoga - Jamie	5.20DN4	Dilatas Isaais	E.20DN4	*ZOOM	F.20DN4	Dilates Malle	4PM	Yoga - Jamie			AETERNOON VOCA
		*ZOOM	5:30PM	Pilates - Jamie *ZOOM	5:30PM	Zumba - Pua *ZOOM	5:30PM	Pilates -Molly *ZOOM		*ZOOM			AFTERNOON YOGA 994 - 350 - 895
17	18		19		20		21		22		23		
		Zumba - Jamie	8AM	Yoga - Danyel	8AM	Yoga - Danyel	8AM	Yoga - Danyel	9AM	Zumba - Jamie			PILATES
		*Z00M		*ZOOM		*ZOOM		*ZOOM		*ZOOM	9 - 9:45am	Bodyweight TBC	944 - 5878 - 0311
	10AM	Kids Fitness - Mindy FB Live	10AM		9AM	SS - Balance ZOOM Vide Fitness Mindy	10AM	Kids Fitness - Mindy FB Live	10AM	Kids Fitness - Mindy FB Live	10am 11am	ZOOM with Jamie	WHOLE BODY
	11AM	WBS - Akiko	11AM	FB Live Sound&Stretch - C.R	10AM	Kids Fitness - Mindy FB Live	11AM		11AM	WBS - Akiko	10am - 11ar	n <mark>YOGA</mark> ZOOM with Jamie	STRETCH
		*ZOOM		FB Live	11AM	WBS - Akiko		FB Live		*ZOOM			914 - 0376 - 1961
	2PM	TBC BW - Beth	2PM	TBC Weigted - Mindy		*ZOOM	2PM		2PM	TBC BW - Beth			
	408.5	*ZOOM		*ZOOM	2PM	TBC BW - Jamie		*ZOOM	400.4	*ZOOM			SATURDAY WORKOUT
	4PM	Yoga - Jamie	E-20DN4	Pilates - Jamie	E-20DM	*ZOOM	E-20084	Dilatos Molly	4PM	Yoga - Jamie *ZOOM			870 - 927 - 410
		*ZOOM	5:30PM	*ZOOM	5:30PM	Zumba - Pua *ZOOM	5:30PM	Pilates -Molly *ZOOM		*ZOOM			
24	25	HOLIDAY	26		27		28		29		30		
	9AM	Zumba - Jamie	8AM	Yoga - Danyel	8AM	Yoga - Danyel	8AM	Yoga - Danyel	9AM	Zumba - Jamie			
	40055	*ZOOM	40555	*ZOOM		*ZOOM		*ZOOM	40000		9 - 9:45am	Bodyweight TBC	
	10AM	Kids Fitness - Mindy FB Live	10AM	Kids Fitness - Mindy FB Live	9AM 10AM	SS - Balance ZOOM Kids Fitness - Mindy	10AM	Kids Fitness - Mindy FB Live	10AM	Kids Fitness - Mindy FB Live	10am - 11ar	ZOOM with Jamie	FOLLOW US ON
	11AM	WBS - Akiko	11AM	Sound&Stretch - C.R	TOUIN	FB Live	11AM		11AM	WBS - Akiko	100111 - 1101	ZOOM with Jamie	FACEBOOK
		*ZOOM			11AM	WBS - Akiko		FB Live		*ZOOM			"LANAI FIT CLASS"
	2PM	TBC BW - Beth	2PM	TBC Weigted - Mindy		*Z00M	2PM	TBC Weigted - Mindy	2PM	TBC BW - Beth			
		*70014	Ī	*70014	2PM	TBC BW - Jamie		*ZOOM		*ZOOM			
	400.5	*ZOOM		*ZOOM	ZPIVI				4000				
	4PM	Yoga - Jamie *ZOOM	5:30PM		5:30PM	*ZOOM Zumba - Pua	5:30PM		4PM	Yoga - Jamie *ZOOM			