



# AUGUST 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><b>Lāna'i Community Health Center</b>                      565-6919                      #LANAIHEALTH</p>						1 9am 10AM
2	3	4	5	6	7	8
	10AM <b>WBS - Akiko</b> *ZOOM  4:30PM <b>Yoga - Jamie</b> *ZOOM 5:30PM <b>Pilates - Molly</b> *ZOOM	10AM <b>Sound&amp;Stretch - C.R</b> FB Live  4:30PM <b>Yoga - Danyel</b> *ZOOM	6:30AM <b>TBC - Beth</b> *ZOOM 10AM <b>WBS - Akiko</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM 5:30PM <b>Zumba - Pua</b> *ZOOM	10AM <b>Sound&amp;Stretch - C.R</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM 5:30PM <b>Pilates - Molly</b> *ZOOM	6:30AM <b>TBC - Beth</b> *ZOOM 10AM <b>WBS - Akiko</b> *ZOOM  2PM <b>TBC - Mindy</b> *ZOOM 4:30PM <b>Yoga - Jamie</b> *ZOOM	9am <b>Zumba - Jamie</b> *ZOOM 10AM <b>YOGA - Jamie</b> *ZOOM
9	10	11	12	13	14	15
	10AM <b>WBS - Akiko</b> *ZOOM  4:30PM <b>Yoga - Jamie</b> *ZOOM 5:30PM <b>Pilates - Molly</b> *ZOOM	10AM <b>Sound&amp;Stretch - C.R</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM	6:30AM <b>TBC - Beth</b> *ZOOM 10AM <b>WBS - Akiko</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM	10AM <b>Sound&amp;Stretch - C.R</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM 5:30PM <b>Pilates - Jamie</b> *ZOOM	6:30AM <b>TBC - Beth</b> *ZOOM 10AM <b>WBS - Akiko</b> *ZOOM  4:30PM <b>Yoga - Jamie</b> *ZOOM	9am <b>Zumba - Jamie</b> *ZOOM 10AM <b>YOGA - Jamie</b> *ZOOM
16	17	18	19	20	21	22
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23	24	25	26	27	28	29
	10AM <b>WBS - Akiko</b> *ZOOM  4:30PM <b>Yoga - Jamie</b> *ZOOM 5:30PM <b>Pilates - Molly</b> *ZOOM	10AM <b>Sound&amp;Stretch - C.R</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM 5:30PM <b>TBC - Jamie</b> *ZOOM	6:30AM <b>TBC - Beth</b> *ZOOM 10AM <b>WBS - Akiko</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM	10AM <b>Sound&amp;Stretch - C.R</b> *ZOOM  4:30PM <b>Yoga - Danyel</b> *ZOOM 5:30PM <b>Pilates - Jamie</b> *ZOOM	6:30AM <b>TBC - Beth</b> *ZOOM 10AM <b>WBS - Akiko</b> *ZOOM  2PM <b>TBC - Mindy</b> *ZOOM 4:30PM <b>Yoga - Jamie</b> *ZOOM	9am <b>Zumba - Jamie</b> *ZOOM 10AM <b>YOGA - Jamie</b> *ZOOM

*Wake Up Get Up Sweat and Train*

**ZOOM MEETINGS #S**

**MORNING TBC**  
958 - 7384 - 9312

**AFTERNOON TBC**  
917 - 1881 - 6392

**EVENING TBC**  
959 - 7448 - 5750

**YOGA**  
933 - 3037 - 2453

**ZUMBA**  
996 - 0073 - 2837

**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"