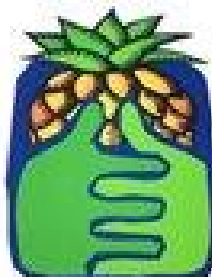



OCTOBER 2020

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>					1 10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Pilates - Jamie *ZOOM	2 6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM
4	5	6	7	8	9	10
	10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Molly *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM ZUMBA - Pua *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Pilates - Jamie *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	9am Zumba - Jamie *ZOOM 10AM YOGA - Jamie *ZOOM
11	12	13	14	15	16	17
	10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Molly *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM ZUMBA - Pua *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Pilates - Jamie *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	9am Zumba - Jamie *ZOOM 10AM YOGA - Jamie *ZOOM
18	19	20	21	22	23	24
	10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Molly *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM ZUMBA - Pua *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Pilates - Jamie *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	9am Zumba - Jamie *ZOOM 10AM YOGA - Jamie *ZOOM
25	26	27	28	29	30	31
	10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM 5:30PM Pilates - Molly *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM ZUMBA - Pua *ZOOM	10AM Sound&Stretch - C.R *ZOOM 4:30PM Yoga - Danyel *ZOOM 5:30PM Pilates - Jamie *ZOOM	6:30AM TBC - Beth *ZOOM 10AM WBS - Akiko *ZOOM 4:30PM Yoga - Jamie *ZOOM	9am Zumba - Jamie *ZOOM 10AM YOGA - Jamie *ZOOM

Eat HEALTHY RUN fast, and be SPOOKY this Halloween

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

ZUMBA
925 - 6184 - 0481

FOLLOW US ON FACEBOOK
"LANAI FIT CLASS"