


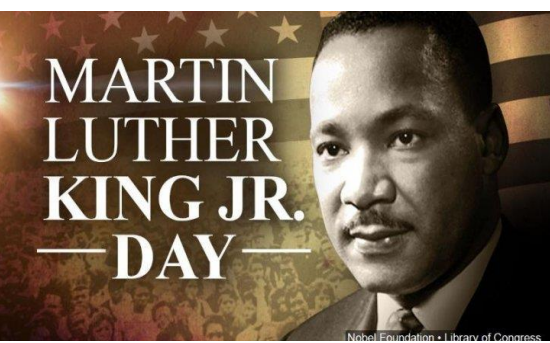


JANUARY 2021

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

**New YEAR,
 New GOALS,
 New YOU!!**

**ZOOM MEETINGS #5
 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 CIRCUIT
 925 - 6184 - 0481**

**FOLLOW US ON FACEBOOK
 "LANAI FIT CLASS"**