



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>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH</p> | |  | |  | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 10AM WBS - Akiko *Zoom 2PM Y. TAICHI - HUNG Football Field 3PM Y. SOCCER - HUNG Football Field 4:30PM Yoga - Jamie *Zoom 5:30PM Pilates - Jamie *Zoom | 10AM Sound&Stretch - C.R *Zoom 5:15PM TBC - Mindy Football Field | 6:30AM TBC - Beth *Zoom 10AM WBS - Akiko *Zoom 4PM Yoga - C.R *Zoom 5:30PM Zumba - Pua *Zoom | 11AM Sound&Stretch - C.R *Zoom 5:15PM TBC - Mindy Football Field 5:30PM Pilates - Molly *Zoom | 6:30AM TBC - Beth *Zoom 10AM WBS - Akiko *Zoom 4:30PM Yoga - Jamie *Zoom | 8AM TAICHI - HUNG Football Field 9AM Y. TAICHI - HUNG Football Field 9AM Zumba - Jamie *Zoom 10AM Yoga - Jamie *Zoom |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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BE
Motivated
Ambitious
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"