



OCTOBER 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>				1 9AM <i>WBS - Akiko (ZOOM & In-Person)</i>	2 10AM <i>YOGA - Jamie</i>
3	4	5	6	7	8	9
	4:30PM <i>PILATES - Jamie</i> 5:30PM <i>YOGA - Jamie</i>		5:30PM <i>ZUMBA - Pua</i>		9AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>YOGA - Jamie</i>
10	11	12	13	14	15	16
	4:30PM <i>PILATES - Jamie</i> 5:30PM <i>YOGA - Jamie</i>		9AM <i>WBS - Akiko (ZOOM & In-Person)</i> 5:30PM <i>ZUMBA - Pua</i>		9AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>YOGA - Jamie</i>
17	18	19	20	21	22	23
	4:30PM <i>PILATES - Jamie</i> 5:30PM <i>YOGA - Jamie</i>		9AM <i>WBS - Akiko (ZOOM & In-Person)</i> 5:30PM <i>ZUMBA - Pua</i>		9AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>YOGA - Jamie</i>
24	25	26	27	28	29	30
	4:30PM <i>PILATES - Jamie</i> 5:30PM <i>YOGA - Jamie</i>		9AM <i>WBS - Akiko (ZOOM & In-Person)</i> 5:30PM <i>ZUMBA - Pua</i>		9AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>YOGA - Jamie</i>

Eat
HEALTHY
 RUN fast,
 and be
SPOOKY
 this
 Halloween

ZOOM MEETINGS #5
 WHOLE BODY
 STRETCH
 851-2230-2274

ALL CLASSES
 will be
 located
 around the
 community
 pool -
 basketball
 court,
 football
 field, grass
 area near