

JANUARY 2022

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> 
2	3	4	5	6	7	8	
	4:30PM PILATES - Jamie	6:30AM TBC - Mindy (ZOOM) 4:30PM YOGA - Jamie	6:30AM TBC - Mindy (ZOOM)	6:30AM TBC - Mindy (ZOOM)	6:30AM TBC - Mindy (ZOOM) 9AM WBS - Akiko (ZOOM & In-Person)	10AM YOGA - Jamie	
9	10	11	12	13	14	15	
	6:30AM TBC - Mindy (ZOOM) 4:30PM PILATES - Jamie	6:30AM TBC - Mindy (ZOOM) 9AM WBS - Akiko (ZOOM & In-Person) 4:30PM YOGA - Jamie 5:00PM ZUMBA - Pua	6:30AM TBC - Mindy (ZOOM)	6:30AM TBC - Mindy (ZOOM)	6:30AM TBC - Mindy (ZOOM) 9AM WBS - Akiko (ZOOM & In-Person)	10AM YOGA - Jamie	
16	17	18	19	20	21	22	
	 <p>HOLIDAY</p>		6:30AM TBC - Mindy (ZOOM) 9AM WBS - Akiko (ZOOM & In-Person) 4:30PM YOGA - Jamie 5:00PM ZUMBA - Pua	6:30AM TBC - Mindy (ZOOM) 5:30PM FAMILY FITNESS NIGHT (ZUMBA) Dole Park	6:30AM TBC - Mindy (ZOOM) 9AM WBS - Akiko (ZOOM & In-Person)	10AM YOGA - Jamie	
23	24	25	26	27	28	29	
	6:30AM TBC - Mindy (ZOOM) 4:30PM PILATES - Jamie	6:30AM TBC - Mindy (ZOOM) 9AM WBS - Akiko (ZOOM & In-Person) 4:30PM YOGA - Jamie 5:00PM ZUMBA - Pua	6:30AM TBC - Mindy (ZOOM)		6:30AM TBC - Mindy (ZOOM) 9AM WBS - Akiko (ZOOM & In-Person)	10AM YOGA - Jamie	

New YEAR,
 New GOALS,
 New YOU!!

CODE FOR ALL ZOOM CLASSES
 851-2230-2274

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