

NOVEMBER 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>9:30AM WBS - Akiko (ZOOM & In-Person)</p> <p>5:30PM PILATES - Jennifer</p>	<p>10AM Water Aerobics (Community Pool)</p>	<p>10AM Silver Sneakers Chair Yoga (Senior Center)</p>	<p>9:30AM WBS - Akiko (ZOOM & In-Person)</p> <p>5PM Zumba - Michelle</p>		
6	<p>10AM Silver Sneakers Balance & Mobility (Senior Center)</p>	<p>5:30PM PILATES - Jennifer</p>	<p>10AM Water Aerobics (Community Pool)</p>	<p>10AM Silver Sneakers Chair Yoga (Senior Center)</p> <p>5:30PM PILATES - Jennifer</p>	 <p>5PM Zumba - Michelle</p>	
13	<p>10AM Silver Sneakers Balance & Mobility (Senior Center)</p>	<p>5:30PM PILATES - Jennifer</p>	<p>10AM Water Aerobics (Community Pool)</p>	<p>10AM Silver Sneakers Chair Yoga (Senior Center)</p> <p>5:30PM PILATES - Jennifer</p>	<p>10AM Silver Sneakers Balance & Mobility (Senior Center)</p> <p>5PM Zumba - Michelle</p>	
20		<p>5:30PM PILATES - Jennifer</p>	<p>10AM Water Aerobics (Community Pool)</p>	<p>HOLIDAY</p> 		
27	<p>10AM Silver Sneakers Balance & Mobility (Senior Center)</p>	<p>9:30AM WBS - Akiko (ZOOM & In-Person)</p> <p>5:30PM PILATES - Jennifer</p>	<p>10AM Water Aerobics (Community Pool)</p>	 <p>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p>		

Make
November
a month to
remember

CODE FOR ALL
ZOOM CLASSES
851-2230-2274

Classes with
no specific
location will
be located
around the
community
pool -
basketball
court,
football
field, grass
area near
parking lot