

APRIL 2023

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
2	3	4	5	6	7	8
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>Water Aerobics (Community Pool)</i>	10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 	
9	10	11	12	13	14	15
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 		10AM <i>Water Aerobics (Community Pool)</i>	5:30PM <i>PILATES - Jennifer</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
16	17	18	19	20	21	22
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>Water Aerobics (Community Pool)</i>	10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
23	24	25	26	27	28	29
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10AM <i>Water Aerobics (Community Pool)</i>	10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	

A New Month
Push yourself
R rejuvenate
I nspire others
L ift weights

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