

MARCH 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 10AM <i>Water Aerobics (Community Pool)</i>	2 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	3 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
5	6 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	7 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 5:30PM <i>PILATES - Jennifer</i>	8 10AM <i>Water Aerobics (Community Pool)</i>	9 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	10 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	11
12				16 5:30PM <i>PILATES - Jennifer</i>		
19	20 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	21 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 5:30PM <i>PILATES - Jennifer</i>	22 10AM <i>Water Aerobics (Community Pool)</i>	23 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	24 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	25
26	27  <p>Prince Jonah Kūhū Kalanianaʻōle Day</p>	28 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 5:30PM <i>PILATES - Jennifer</i>	29 10AM <i>Water Aerobics (Community Pool)</i>	30 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	31 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	

Don't WISH for it, WORK for it.

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