

MAY 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
	1 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 	2 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	3 10AM <i>Water Aerobics (Community Pool)</i>	4 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	5 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	6
7	8 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	9 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	10 10AM <i>Water Aerobics (Community Pool)</i>	11 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 5:30PM <i>PILATES - Jennifer</i>	12 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i>	13
14	15 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	16	17 10AM <i>Water Aerobics (Community Pool)</i>	18 5:30PM <i>PILATES - Jennifer</i>	19 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	20
21	22 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	23	24 10AM <i>Water Aerobics (Community Pool)</i>	25 5:30PM <i>PILATES - Jennifer</i>	26 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	27
28	29 	30	31 10AM <i>Water Aerobics (Community Pool)</i>	 <div style="display: flex; align-items: center; justify-content: center;">  <div> <p>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH</p> </div> </div>		

BE
*Motivated
 Ambitious
 You*

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*