

CHI Health & Energy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga 9:00–10:00am	Power Yoga 9:00-9:45am	*Yoga* 9:00-10:00am	Boot Camp 7:30-8:15am	Foam Roller 8:00-8:45am	Vinyasa Yoga 9:00-10:00am	Yoga 8:00-9:00am
Hula Aerobics 10:00-10:45am (No Class 2/26)	Kahala Core 10:00-10:45am	Sunset SUP Yoga 3:30-4:15pm	Sand & Sea Yoga 8:00-9:00am	Pilates 9:00-10:00am	Sunset Yoga 4:00-5:00 pm	Kahala Core 9:00-9:45am
Kahala Core 11:00-11:45am	Sand & Sea Yoga 4:00-5:00pm		*Yoga* 9:00-10:00am	Sand & Sea Yoga 4:00-5:00pm		SUP Yoga 10:00-10:45am
			Kahala Core 10:00-10:45am			

Ask a CHI Concierge about our Special Couples Yoga this month!

CHI Lifestyle Offerings

Individual Class: \$25

Rejuvenation Package: Join us for any 3 classes of your choice. **\$65**

Couples Retreat Package: Be fit and well together. **\$40**

Lifestyle Fitness Package: Enjoy 3 group classes and 1 personal training / yoga session. **\$150**

CHI Personal Training / Private Yoga Sessions:

We have partnered with the most talented, motivating and knowledgeable trainers in the industry to offer you private, personal training sessions that work around your schedule.

Classes are confirmed once reservations have been made. Please confirm your reservation 1 hour prior to class scheduled start time. Dial 8940.

CHI Health and Energy is located on our beachfront. From the pool and beach, take the sand path to the right, around the front of Plumeria Beach House Restaurant, and it will lead you to the fitness facilities.