

CHI Health & Energy Fitness Center

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Qigong All Levels 8:00am-9:00 Edward	Vinyasa Yoga 8:00am-9:00am Evelyn	Gentle Yoga 8:30am-9:30am Mieko	SUP Yoga 8:00-8:45am Matt No Class April 4	Power Yoga 8:30am-9:30am Petra	Total Body Conditioning 8am-9am Ailina	Gentle Yoga 8:30am-9:30am Mieko
Hula Basics 9:30am-10:30am Kumi	Fascianation Method (self Myofascial Release) 11:30am- 12:30pm Anthony	Qigong All Levels 9:30am-10:30am Edward	Vinyasa Yoga 9:00am-10:00am Amy	Vinyasa Yoga 10am-11am Amy	Vinyasa Yoga 9am-10am Evelyn	Power Yoga 10am-11am Petra
	SUP Yoga & Meditation 1:30pm-2:15pm Jennifer			SUP Yoga 11:15-12:00 Alana		

CHI Lifestyle Offerings

Individual Class Prices: Kahala Hotel Guest \$25; Non Hotel Guest \$35; Kama'aina Guest \$30 CHI Private Member-\$10

Sup Yoga Class Prices: Must have minimum of 2 participants to conduct a class

Kahala Hotel Guest \$35; Non Hotel Guest \$ 45 Kama'aina Guest \$40; CHI Private Member \$10

Rejuvenation Fitness Class Pass - Join us for any 3 land lasses of your choice: Kahala Hotel Guest \$65; Non Hotel Guest \$95

SUP Yoga Class Pass - Join us for any 3 SUP Yoga Classes: Kahala Hotel Guest \$95; Non Hotel Guest \$125

Lifestyle Fitness Program Package - Enjoy 3 group classes, 1 personal training and 1 SUP Yoga: \$200

Personal Training Available upon request. Please see our Bio of each personal trainer available for bookings.

Reservations are required one hour prior to class start time

Please dial 8940 to reserve your class day and time.

If you wish to cancel an existing reservation, please contact CHI Fitness at least 1 hour prior to avoid being charged 100% of class price.