

CHI Health & Energy Fitness Center

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hula Basics 9:30am-10:30am Kumi (No Class 12/9)	Vinyasa Yoga 8:00am-9:00am Evelyn	Gentle Yoga 8:30am-9:30am Mieko	Power Yoga 9am-10am Petra	Vinyasa 9am-10am Amy Power Yoga 12/27 Petra	Total Body Conditioning 8am-9am Ailina	Gentle Yoga 8:30am-9:30am Mieko
SUP Yoga 10:30-11:15 Kaity (No Class on 12/9)	SUP Yoga 1:30-2:15 Alana	SUP Yoga 9:00-9:45 Alana (No Class on 12/25)	SUP Yoga & Meditation 2:15-3:00 Jennifer		Vinyasa Yoga 9:00am-10:00am Evelyn	SUP Yoga 10:30-11:15 Kaity

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 classes 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.