

# CHI Health & Energy Fitness Center

## December 2017

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|---|--|--|---|---|---|
| Power Yoga<br>9:30am-10:30am<br>Petra Dec 3 Only                       | Vinyasa Yoga<br>8:00am-9:00am<br>Evelyn   | Gentle Yoga<br>8:30am-9:30am<br>Mieko              | SUP Yoga<br>8:00-8:45am<br>Matt<br>(Jennifer Dec 27) | Power Yoga<br>8:30am-9:30am<br>Petra Dec 7 & 14<br>Gentle Yoga<br>Mieko Dec 21 & 28 | Total Body<br>Conditioning<br>8am-9am<br>Ailina | Gentle Yoga<br>8:30am-9:30am<br>Mieko                                     |
| Hula Basics<br>9:30am-10:30am<br>Kumi Dec 17 & 31                      | SUP Yoga<br>10:00am-10:45am<br>Alana  | SUP Yoga<br>9:30am-10:15am<br>Alana                | Vinyasa Yoga<br>9:00am-10:00am<br>Amy                | Vinyasa Yoga<br>10am-11am<br>Amy  | Vinyasa Yoga<br>9am-10am<br>Evelyn              | Power Yoga<br>10am-11am<br>Petra<br>Gentle Yoga with<br>Mieko Dec 23 & 30 |
| Sup Yoga & Meditation<br>9:15am-10am<br>Jennifer<br>Dec 3, 17, 24 & 31 | Fascianation<br>Method (self<br>Myofascial<br>Release)<br>11:30am- 12:30pm<br>Anthony | SUP Yoga &<br>Meditation<br>1:15pm-2pm<br>Jennifer | SUP Yoga<br>1:15pm-2pm<br>Alana                      | SUP Yoga<br>11:15-12:00<br>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.*