

CHI Health & Energy Fitness Center

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hula Basics 9:30am-10:30am Kumi	SUP Yoga & Meditation 1:30pm-2:15pm Jennifer	Gentle Yoga 9am-10am Mieko		Gentle Yoga 9am-10am Mieko	Total Body Conditioning 8am-9am Ailina	Gentle Yoga 9am-10am Mieko
				SUP Yoga 1:30-2:30 Alana		Power Yoga 10am-11am Mieko

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.