

CHI Health & Energy Fitness Center

March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hula Basics 9:30am-10:30am Kumi (March 24 & 31 ONLY)	Vinyasa Yoga 8:00am-9:00am Evelyn	Total Body Conditioning 8am-9am Ailina	Power Yoga 9am-10am Petra	Vinyasa Yoga 9am-10am Amy	Total Body Conditioning 8am-9am Ailina	Vinyasa Yoga 8:30-9:30 Petra (March 2,9,16 Only)
	SUP Yoga 1:30-2:15 Alana		SUP Yoga & Meditation 2:15-3:00 Jennifer (No class March 20)		Vinyasa Yoga 9:00am-10:00am Evelyn	

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.