

# CHI Health & Energy Fitness Center

April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hula Basics 9:30am-10:30am Kumi	Vinyasa Yoga 8:00am-9:00am Evelyn	Total Body Conditioning 8:00am-9:00am Ailina	Power Yoga 9:00am-10:00am Petra	Vinyasa Yoga 9:00am-10:00am Amy (4/4 Petra)	Total Body Conditioning 8:00am-9:00am Ailina	
	SUP Yoga 1:30-2:15 Alana	Vinyasa Yoga 9:00-10:00 Petra	SUP Yoga & Meditation 2:15-3:00 Jennifer (no class 4/24)		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.**