

# NALU SPA

# May Wellness

## Nalu Spa Hours & Amenities

*Sunday thru Thursday 8am - 6pm*

*Friday thru Saturday 8am - 7pm*

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- Full day spa access with any spa or salon service booked
- Dry sauna, showers and lockers in men's and women's facilities
- Oceanfront relaxation area with snacks and beverages

## Complimentary Classes for Resort Guests

*Check-in at Movement Studio*

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- Sunday: 7:30am Balance by Breath
- Monday: 5:00pm Sound Bath
- Tuesday: 10:30am Restorative Yoga
- Wednesday: 5:00pm Sound Bath
- Thursday: 5:00pm Sunset Yoga
- Friday: 8:30am Restorative Yoga
- Saturday: 7:30am Balance by Breath

## Special Wellness Classes Happening This Month

*Check-in at Spa*

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- **Pilates at Dawn: Mat Pilates Class with Sunrise on Saturday, May 3<sup>rd</sup> at 6:30am**
- **Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation on Monday, May 12<sup>th</sup> at 6:00pm**

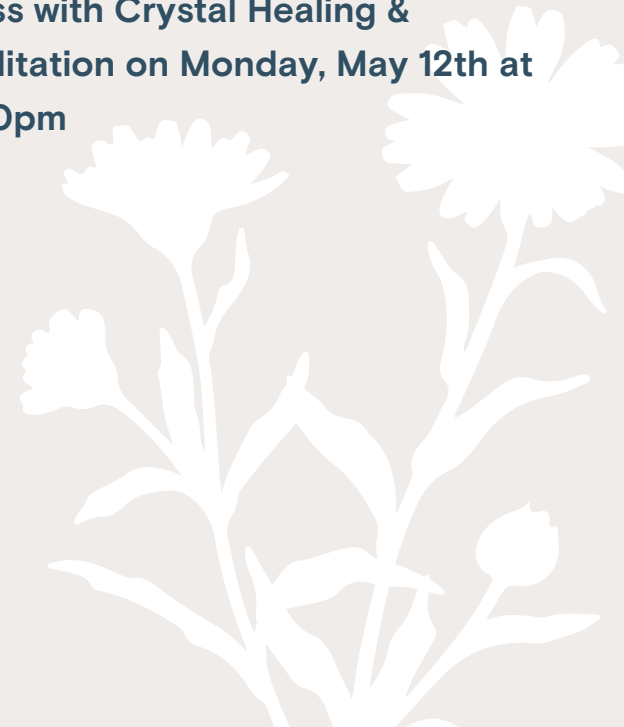
## Fitness & Training

*We are happy to provide private and group training for our guests and wellness members. Private Group, Personal Training, Yoga, and Pilates sessions are available. For any inquiries, reservations, or private sessions, please call us at 808.447.6868.*

## Fitness Passes

*Looking to join us for multiple classes? Consider our bundle deals:*

- 5 Classes for \$95 (any yoga or group fitness class)
- 3 Pilates Reformer for \$105
- 10 Pilates Reformer for \$325



# May Fitness Classes

# NALU SPA

Please meet at our movement studio on the lobby level 10-minutes prior to class to ensure enough time to check in.

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>Pilates Reformer</b>	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am
<b>7:30am</b>	<u>Balance by Breath</u>	Ocean Yoga	Strength & Stretch	Ocean Yoga	Balance by Breath	Ocean Yoga	<u>Balance by Breath</u>
<b>8:30am</b>	Restorative Yoga	Nalu Spin	Arms, Abs & Booty	Strength & Stretch	Yoga Sculpt	<u>Restorative Yoga</u>	Restorative Yoga
<b>9:30am</b>		Tighten & Tone	Yoga Sculpt	Yoga Sculpt	Nalu Spin	Tighten & Tone	Yoga Sculpt
<b>10:30am</b>		Restorative Yoga	<u>Restorative Yoga</u>	Tighten & Tone	Tighten & Tone	Arms, Abs & Booty	Strength & Stretch
<b>5:00pm</b>		<u>Sound Bath</u>	Sunset Yoga	<u>Sound Bath</u>	<u>Sunset Yoga</u>	Sunset Yoga	

*Below pricing is for Kama'āina and Resort Guests:*

- Pilates classes are \$40, and take place in our Pilates Studio
- Group classes are \$25, and take place in our Movement Studio
- Underlined classes are complimentary for resort guests (2 guests per room)