

NALU SPA

July Wellness

Special Wellness Classes Happening This Month

Check-in at Spa

- Full Buck Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation -Thursday July 10th, 6:30pm in the Spa Gardens

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 7:30 Balance by Breath
- Monday: 5:30 QiGong
- Tuesday: 10:30 Dynamic Vinyasa
- Wednesday: 10:30 Restorative Yoga
- Thursday: 10:30 Dynamic Vinyasa
- Friday: 10:30 Restorative Yoga
- Saturday: 9:30 QiGong

Nalu Spa Hours & Amenities

*Sunday thru Thursday 8am - 6pm
Friday thru Saturday 8am - 7pm*

- 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

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



July Fitness Classes

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pilates Reformer	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
7:30am	<u>Balance by Breath</u>	Ocean Yoga	Strength & Stretch	Ocean Yoga	Strength & Stretch	Ocean Yoga	Balance by Breath
8:30am	Restorative Yoga	Nalu Spin	Arms, Abs & Booty	Arms, Abs & Booty	Arms, Abs & Booty	Nalu Spin	Restorative Yoga
9:30am	QiGong	Strength & Stretch	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Tone & Tighten	<u>QiGong</u>
10:30am		Restorative Yoga	<u>Dynamic Vinyasa</u>	<u>Restorative Yoga</u>	<u>Dynamic Vinyasa</u>	<u>Restorative Yoga</u>	
5:30pm		<u>QiGong</u>	Sunset Yoga	Sunset Yoga	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 per day)
- Guests must be 18 years or older to join fitness classes