

# NALU SPA

# June 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: 7:30 Balance by Breath
- Monday: 5:30 QiGong
- Tuesday: 10:30 Dynamic Vinyasa
- Wednesday: 5:30 Sound Bowl
- Thursday: 10:30 Dynamic Vinyasa
- Friday: 10:30 Restorative Yoga
- Saturday: 7:30 Balance by Breath

## Special Wellness Classes Happening This Month

*Check-in at Spa*

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- Full Strawberry Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation - Tuesday June 10<sup>th</sup>, 6:30pm in the Spa Gardens
- International Yoga Day Celebration: Ocean Yoga and Sound Bathing - June 21<sup>st</sup>, 4:00-5:30pm at Surf House Lawn

## 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



# June 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.

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