

# NALU SPA

# August Wellness

## Special Wellness Classes Happening This Month

### *Check-in at Spa*

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- Full Sturgeon Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation - Friday August 8<sup>th</sup>, 6:30pm in the Spa Gardens

## Complimentary Classes for Resort Guests

### *Check-in at Movement Studio*

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- Sunday: 7:30 Balance by Breath
- Monday: 10:30 Dynamic Vinyasa
- Tuesday: 8:30 Tone & Tighten
- Wednesday: 10:30 Restorative Yoga
- Thursday: 7:30 Restorative Pilates
- Friday: 10:30 Strength & Stretch
- Saturday: 7:30 QiGong

## 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

## 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



# August Fitness Classes

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

Guests arriving more than 5 minutes past class start time may not be admitted.

We recommend registering in advance to ensure a space in class due to limited availability.

No-show guests are subject to a full cancellation charge.

# NALU SPA

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

*Below pricing is for Kama'aina 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)