

NALU SPA

August Wellness

Special Wellness Classes Happening This Month

Check-in at Spa

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

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 7:30 Balance by Breath
- Monday: 10:30 Arms, Abs & Booty
- 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*

- 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.

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	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
7:30am	<u>Balance by Breath</u>	Nalu Spin	Arms, Abs & Booty	Strength & Stretch	<u>Restorative Pilates</u>	Nalu Spin	<u>QiGong</u>
8:30am	QiGong	Strength & Stretch	<u>Tone & Tighten</u>	Arms, Abs & Booty	Tone & Tighten	Arms, Abs & Booty	
9:30am	Restorative Yoga	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Restorative Yoga
10:30am		<u>Arms, Abs & Booty</u>	Strength & Stretch	<u>Restorative Yoga</u>	Dynamic Vinyasa	<u>Strength & Stretch</u>	
5:30pm		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)