

Special Wellness Classes Happening This Month

Check-in at Spa

- Full Autumn Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation on Sunday, September 7th at 6:00pm

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Monday: 10:30am Arms, Abs & Booty
- Tuesday: 8:30am Tone & Tighten
- Wednesday: 10:30am Restorative Yoga
- Thursday: 10:30am Dynamic Vinyasa
- Friday: 10:30am Strength & Stretch

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



September 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.

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

Nalu Spin

Arms, Abs
& Booty

Strength &
Stretch

Spin

–

8:30am

Strength &
Stretch

Tone & Tighten

Arms, Abs &
Booty

Tone &
Tighten

Arms, Abs &
Booty

–

9:30am

Yoga Sculpt

Yoga Sculpt

Yoga Sculpt

Yoga Sculpt

Yoga Sculpt

–

10:30am

Arms, Abs &
Booty

Strength &
Stretch

Restorative
Yoga

Dynamic
Vinyasa

Strength &
Stretch

–

5:00pm

Sunset Yoga

Sunset Yoga

Sunset Yoga

Sunset Yoga

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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 18years or older to join fitness classes