

Special Wellness Classes Happening This Month

Check-in at Spa

- Full Cold Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation on Thursday, December 4th at 5:30pm
- Specialty Holiday Classes: Enjoy Vino & Vinyasa and Family Yoga offered December 23–26.

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 8:30am Balance by Breath
- 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
- Saturday: 7:30am 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



December 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

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7:00am
8:00am
9:00am

7:00am
8:00am
9:00am

7:00am
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9:00am

7:00am
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9:00am

7:00am
8:00am
9:00am

7:30am

Qigong

Nalu Spin

Arms, Abs
& Booty

Strength &
Stretch

Strength &
Stretch

Nalu Spin

Qigong

8:30am

Balance by
Breath

Strength &
Stretch

Tone &
Tighten

Arms, Abs &
Booty

Tone &
Tighten

Arms, Abs
& Booty

Balance by
Breath

9:30am

Restorative
Yoga

Yoga Sculpt

Yoga Sculpt

Yoga Sculpt

Yoga Sculpt

Yoga Sculpt

Restorative
Yoga

10:30am

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Arms, Abs
& Booty

Strength &
Stretch

Restorative
Yoga

Dynamic
Vinyasa

Strength &
Stretch

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5:00pm

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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

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8:00am
9:00am

7:30am

Qigong

Nalu Spin

Arms, Abs
& Booty

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-

-

Qigong

8:30am

Balance by
Breath

Strength &
Stretch

Tone &
Tighten

-

-

-

Balance by
Breath

9:30am

Restorative
Yoga

Yoga Sculpt

Yoga Sculpt

Restorative
Yoga

Restorative
Yoga

Restorative
Yoga

Restorative
Yoga

10:30am

-

Arms, Abs
& Booty

Strength &
Stretch

Family Yoga

Family Yoga

Family Yoga

-

5:30pm

-

-

Vino &
Vinyasa

Vino &
Vinyasa

Vino &
Vinyasa

-

-

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