

Special Wellness Classes Happening This Month

Check-in at Spa

- Full Wolf Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation on Saturday, January 3rd at 5:30pm

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

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

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



January Fitness Classes

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

NALU SPA

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
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	Qigong	Nalu Spin	Arms, Abs & Booty	Strength & Stretch	Strength & Stretch	Nalu Spin	Qigong
8:30am	<u>Balance by Breath</u>	Strength & Stretch	<u>Tone & Tighten</u>	Arms, Abs & Booty	Tone & Tighten	Arms, Abs & Booty	<u>Balance by Breath</u>
9:30am	Restorative Yoga	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Restorative Yoga
10:30am	-	<u>Arms, Abs & Booty</u>	Dynamic Vinyasa	<u>Restorative Yoga</u>	<u>Dynamic Vinyasa</u>	<u>Strength & Stretch</u>	-
5:00pm	-	-	-	-	-	-	-

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 18 years or older to join fitness classes