

# NALU SPA

# January Wellness

## Special Wellness Classes Happening This Month

*Check-in at Spa*

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- 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*

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- 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*

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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



# January 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  
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

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

Dynamic  
Vinyasa

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