

# NALU SPA

## Specialty Wellness Classes Happening This Month

### Check-in at Spa

- **Full Snow Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation on Sunday, February 1st at 5:30pm**
- **Vino & Vinyasa: Valentine's Day Yoga with Prosecco & Flow on Saturday, February 14th 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: 9:30am Yoga Sculpt
- 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**

## February Wellness

## 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



# February 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>
<b>Pilates Reformer</b>	-	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
<b>7:30am</b>	<u>Qigong</u>	<u>Nalu Spin</u>	<u>Arms, Abs &amp; Booty</u>	<u>Strength &amp; Stretch</u>	<u>Strength &amp; Stretch</u>	<u>Nalu Spin</u>	<u>Qigong</u>
<b>8:30am</b>	<u>Balance by Breath</u>	<u>Strength &amp; Stretch</u>	<u>Tone &amp; Tighten</u>	<u>Arms, Abs &amp; Booty</u>	<u>Tone &amp; Tighten</u>	<u>Arms, Abs &amp; Booty</u>	<u>Balance by Breath</u>
<b>9:30am</b>	<u>Restorative Yoga</u>	<u>Yoga Sculpt</u>	<u>Yoga Sculpt</u>	<u>Yoga Sculpt</u>	<u>Yoga Sculpt</u>	<u>Yoga Sculpt</u>	<u>Restorative Yoga</u>
<b>10:30am</b>	-	<u>Arms, Abs &amp; Booty</u>	<u>Dynamic Vinyasa</u>	<u>Restorative Yoga</u>	<u>Dynamic Vinyasa</u>	<u>Strength &amp; Stretch</u>	-

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
- Specialty classes are \$40, and include Vino & Vinyasa and Full Moon Yoga classes
- Underlined classes are complimentary for resort guests (2 guests per room per day)
- Guests must be 18years or older to join fitness classes
- 12hr Cancelation policy applies to all classes

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