

# NALU SPA

# July Wellness

## Specialty Wellness Classes Happening This Month

### *Check-in at Spa*

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- **Full Buck Moon Yoga & Meditation:**  
Wednesday, July 29 at 6:00PM  
Celebrate the Full Buck Moon with a restorative yoga and meditation practice designed to encourage reflection, balance, and renewed intention under the energy of the full moon.

## Complimentary Classes for Resort Guests

### *Check-in at Movement Studio*

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- **Sunday: 7:30am Qi Gong**
- **Monday: 9:30am Strength & Stretch**
- **Tuesday: 9:30am Restorative Yoga**
- **Wednesday: 9:30am Balance by Breath**
- **Thursday: 4:00pm Spin**
- **Friday: 8:30am Yoga Sculpt**
- **Saturday: 7:30am Dynamic Vinyasa**

## Nalu Spa Hours & Amenities

### *Sunday thru Saturday* *8am - 6pm*

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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**



# July 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.

	<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	-
<b>7:30am</b>	<u>Qi Gong</u>	Nalu Spin	Tone & Tighten	Arms, Abs, Booty	Strength & Stretch	Nalu Spin	<u>Dynamic Vinyasa</u>
<b>8:30am</b>	Dynamic Vinyasa	Yoga Sculpt	Strength & Stretch	Yoga Sculpt	Tone & Tighten	<u>Yoga Sculpt</u>	Balance by Breath
<b>9:30am</b>	Balance by Breath	<u>Strength &amp; Stretch</u>	<u>Restorative Yoga</u>	<u>Balance by Breath</u>	Yoga Sculpt	Tone & Tighten	Restorative Yoga
<b>10:30am</b>	-	Arms, Abs, Booty	Dynamic Vinyasa	Restorative Yoga	Dynamic Vinyasa	Strength & Stretch	-
<b>4:00pm</b>	-	-	Nalu Spin	-	<u>Nalu Spin</u>	-	-

*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
- Specialty classes are \$40, and include 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 Cancellation policy applies to all classes

