

NALU SPA

October Wellness

Specialty Wellness Classes Happening This Month

Check-in at Spa

- Hunter's Full Moon Yoga
Sunday, October 25th 5:30pm.

The Hunter's Moon marks a seasonal transition from harvest to preparation for winter, combining both practical historical significance and natural beauty in the autumn sky.

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 8:30am Balance by Breath
- Monday: 9:30am Yoga Sculpt
- Tuesday: 10:30am Balance By Breath
- Wednesday: 10:30am Restorative Yoga
- Thursday: 9:30am Restorative Yoga
- Friday: 10:30am Strength & Stretch
- Saturday: 7:30am Dynamic Vinyasa

Nalu Spa Hours & Amenities

Sunday thru Saturday 8am - 6pm

- 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



October Fitness Classes

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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>
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	-
7:30am	Dynamic Vinyasa	Nalu Spin	Arms, Abs, Booty	-	Tone & Tighten	Nalu Spin	<u>Dynamic Vinyasa</u>
8:30am	<u>Balance By Breath</u>	Strength & Stretch	Tone & Tighten	Arms, Abs, Booty	Arms, Abs, Booty	Yoga Sculpt	Restorative Yoga
9:30am	Restorative Yoga	<u>Yoga Sculpt</u>	Dynamic Vinyasa	Yoga Sculpt	<u>Restorative Yoga</u>	Arms, Abs, Booty	Balance By Breath -
10:30am	-	Dynamic Vinyasa	<u>Balance By Breath</u>	<u>Restorative Yoga</u>	Balance By Breath	<u>Strength & Stretch</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

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