NALU SPA

November Wellness

Specialty Wellness Classes Happening This Month

Check-in at Spa

- **Beaver Full Moon Yoga**

Tuesday, November 24th I 5:30pm

Prepare for the season ahead through mindful movement, reflection, and restoration. Create space to feel grounded, warm, and supported.

- **Gratitude at Sunrise**

Wednesday, November 25th I 6:30am

A gentle experience of mindful movement and meditation to welcome the day with gratitude before departure.

Complimentary Classes for Resort Guests

Check-in at Movement Studio

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

November 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.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Restorative Yoga	Nalu Spin	Arms, Abs, Booty	Yogilates	Tone & Tighten	Nalu Spin	Dynamic Vinyasa
8:30am	Balance By Breath	Strength & Stretch	Tone & Tighten	Arms, Abs, Booty	Arms, Abs, Booty	Yoga Sculpt	Restorative Yoga
9:30am	Dynamic Vinyasa	Yoga Sculpt	Yoga Sculpt	Dynamic Vinyasa	Strength & Stretch	Arms, Abs, Booty	Balance By Breath -
10:30am	-	Dynamic Vinyasa	Strength & Stretch	Balance by Breath	Yoga Sculpt	Strength & Stretch	

Below pricing is for Kamaʻāina 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 18 years or older to join fitness classes*
- *12hr Cancelation policy applies to all classes*

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