

NALU SPA *December 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

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 10:30am Sound Bath
- Monday: 8:30am Ocean Yoga
- Tuesday: 10:30am Restorative Yoga
- Wednesday: 10:30am Vinyasa Flow
- Thursday: 6:30am Balance by Breath
- Friday: 5:30pm Sunset Yoga
- Saturday: 10:30am Sound Bath

Special Wellness Classes Happening This Month

Check-In at Spa

- New Cold Moon Movement and Meditation: Gentle Flow & Meditation December 1st at 5:30pm
- Full Cold Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation December 15th at 5:30pm
- Winter Solstice QiGong December 20th at 4pm
- Family Yoga December 26th at 4pm
- New Black Moon Movement and Meditation: Gentle Flow & Meditation December 30th at 5:30pm
- Vino & Vinyasa Happy Hour Flow December 31st at 4pm

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

Ask our fitness attendant about our bundles and passes to access our fitness center and classes!



December 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>
Pilates Reformer	7am, 8am & 9am	7am, 8am & 9am	7am, 8am & 9am	7am, 8am & 9am	7am, 8am & 9am	7am & 8am	7am, 8am & 9am
6:30am	-	-	-	-	<u>Balance by Breath</u>	-	-
7:30am	<u>Balance by Breath</u>	Restorative Yoga	Strength & Stretch	Restorative Yoga	Restorative Yoga	Restorative Yoga	<u>Balance by Breath</u>
8:30am	Vinyasa Flow	<u>Ocean Yoga</u>	Arms, Abs & Booty	Ocean Yoga	Vinyasa Flow	Ocean Yoga	Vinyasa Flow
9:30am	Restorative Yoga	Tone & Tighten	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Tighten & Tone	Restorative Yoga
10:30am	<u>Sound Bath</u>	Spin	<u>Restorative Yoga</u>	<u>Vinyasa Flow</u>	Tighten & Tone	Arms, Abs & Booty	<u>Sound Bath</u>
5:30pm	-	Sound Bath	Sunset Yoga	Sleep Yoga	Sleep Yoga	<u>Sunset Yoga</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
- Underlined classes are complimentary for resort guests