

# NALU SPA

# January Wellness

## Nalu Spa Hours & Amenities

*Sunday thru Thursday 8am - 6pm*

*Friday thru Saturday 8am - 7pm*

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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

## Complimentary Classes for Resort Guests

*Check-in at Movement Studio*

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- Sunday: 7:30am Balance by Breath
- Monday: 9:30am Restorative Yoga
- Tuesday: 5:30pm Sunset Yoga
- Wednesday: 6:30am QiGong
- Thursday: 7:30am Restorative Yoga
- Friday: 9:30am Strength & Stretch
- Saturday: 10:30am Sound Bath

## Special Wellness Classes Happening This Month

*Check-In at Spa*

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- Family Yoga January 5th at 4pm
- Full Cold Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation January 13th at 5pm
- Family Yoga January 26th at 4pm
- New Cold Moon Movement and Meditation: Gentle Flow & Meditation January 29th at 5pm

## 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!*



# January 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>	7am, 8am & 9am	7am, 8am & 9am	7am, 8am & 9am	7am, 8am & 9am	7am, 8am & 9am	7am & 8am	7am, 8am & 9am
<b>6:30am</b>	-	-	-	<u>Qi Gong</u>	-	-	-
<b>7:30am</b>	<u>Balance by Breath</u>	Tighten & Tone	Strength & Stretch	Restorative Yoga	<u>Restorative Yoga</u>	Restorative Yoga	Balance by Breath
<b>8:30am</b>	Vinyasa Flow	Nalu Spin	Arms, Abs & Booty	Ocean Yoga	Vinyasa Flow	Ocean Yoga	Vinyasa Flow
<b>9:30am</b>	Restorative Yoga	<u>Restorative Yoga</u>	Yoga Sculpt	Yoga Sculpt	Nalu Spin	<u>Strength &amp; Stretch</u>	Restorative Yoga
<b>10:30am</b>	Sound Bath	Ocean Yoga	Restorative Yoga	Vinyasa Flow	Tighten & Tone	Nalu Spin	<u>Sound Bath</u>
<b>5:30pm</b>	-	Sound Bath	<u>Sunset Yoga</u>	<u>Sound Bath</u>	Sunset Yoga	-	-

*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