

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: 7:30am Balance by Breath
- Monday: 5:00pm Sound Bath
- Tuesday: 10:30am Restorative Yoga
- Wednesday: 5:00pm Sound Bath
- Thursday: 5:00pm Sunset Yoga
- Friday: 8:30am Restorative Yoga
- Saturday: 7:30am Balance by Breath

Special Wellness Classes Happening This Month

Check-in at Spa

- Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation on Saturday, April 12th at 6:00pm
- Earth Day Celebration: Guided Hike & Meditation on Tuesday, April 22nd at 9:00am

Fitness & Training

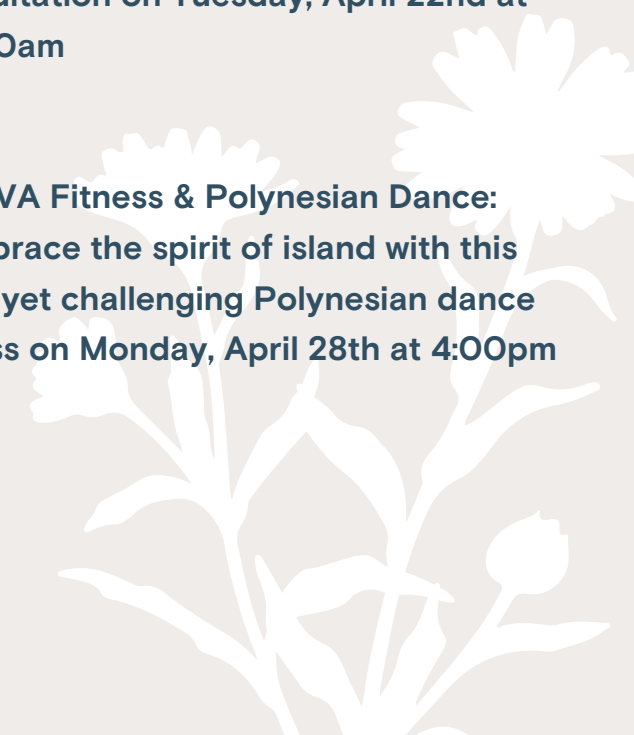
We are happy to provide private and group training for our guests and wellness members. Private Group, Personal Training, Yoga, and Pilates sessions are available. For any inquiries, reservations, or private sessions, please call us at 808.447.6868.

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

- HIVA Fitness & Polynesian Dance: Embrace the spirit of island with this fun yet challenging Polynesian dance class on Monday, April 28th at 4:00pm



April 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	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	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am
7:30am	<u>Balance by Breath</u>	Tighten & Tone	Strength & Stretch	Ocean Yoga	Balance by Breath	Ocean Yoga	<u>Balance by Breath</u>
8:30am	Restorative Yoga	Nalu Spin	Arms, Abs & Booty	Strength & Stretch	Yoga Sculpt	<u>Restorative Yoga</u>	Restorative Yoga
9:30am	Yoga Sculpt	Ocean Yoga	Yoga Sculpt	Yoga Sculpt	Nalu Spin	Tighten & Tone	Yoga Sculpt
10:30am		Restorative Yoga	<u>Restorative Yoga</u>	Tighten & Tone	Tighten & Tone	Arms, Abs & Booty	
5:00pm		<u>Sound Bath</u>	Sunset Yoga	<u>Sound Bath</u>	<u>Sunset Yoga</u>	Sound Bowl	

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 (2 guests per room)