

Aug 2019

WELLNESS CLASSES

\$15 Resort Guest per class
\$20 Non Members per class
 \$30 Pilates Reformer Class
 Hotel Guest ask about Promotions



Please arrive 10 minutes prior to class to ensure enough time to check in.
 Doors will open 5 minutes before class.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin 830am	TRX 830am	Yogalates 7:30am	Spin 730am	Yogalates 7:30am	Spin 730am	TRX 730am
Pilates Reformer 9:30am	Power Fit 930am	TRX 830am	TRX 830am	TRX 830am	Bottoms Up Abs Out 830am	Zumba 830am
Vinyasa Flow 11am	Pilates Reformer 830am & 930am	Barre 8:30am	Power Fit 930am	Barre 8:30am	TRX 830am	Yoga Sculpt 9:30am
	Bottoms Up Abs Out 830am	The H.I.I.T Box 930am	Bottoms Up Abs Out 830am	The H.I.I.T Box 930am	Cardio Blast 9:30am	
	Zumba + Pound Mashup 9:30am	Pilates Reformer 930am & 1030am	Pilates Reformer 830am & 930am	Pilates Reformer 930am & 1030am	Pilates Refomer 830am & 930am	
	Happy Back Yoga 10:30am	Deep House Hatha 1030am	Abs Cycle Blast 9:30am	Deep House Hatha 1030am	Spin 1130am	
	Spin 4pm	Zumba 5pm	Spin 1230p		Spin 1230pm	
	Sunset Yoga 6:00pm		Sunset Yoga Meditation 6:00pm		Sunset Yoga 6pm	

TRX, Spin, Barre and Pilates Reformer will be booked by email
nalu@turtlebayresort.com

\$99
 50 minute Power Stretch
 50 minute Personal Training
 Spa Happy Hour
 Mon - Fri 12-5p

The following classes are limited availability: ,
 Spin, Pilates Reformer, TRX, and Barre
 Sign up 24 hours in advance. **Reserve your spot nalu@turtlebayresort.com**

*Wellness Memberships are Available
 Ask us for more details!