

# JANUARY 2022 WELLNESS CLASSES

\$15 Resort Guest per class • \$20 Non Members per class • \$30 Pilates Reformer class • \*\*Complimentary classes for Resort Guests

Please see the Nalu Fitness Center about any current promotions such as the Resort Class Pass. Please arrive 10 minutes prior to class to ensure enough time to check in.

Doors will open 5 minutes before class. Spin, Pilates Reformer, and Barre are limited availability. Sign up 24 hours in advance. Reserve your spot at [nalu@turtlebayresort.com](mailto:nalu@turtlebayresort.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM Pilates Reformer	8:15 AM Tahitian Fitness**	8:30 AM Pilates Reformer	8:30 AM Pilates Reformer	8:30 AM Pilates Reformer	8:30 AM Pilates Reformer	8:30 AM Cardio HIIT**
9:45 AM Mat Pilates**	8:30 AM Pilates Reformer	9:00 AM Spin & Sculpt	9:00 AM Kali Yoga**	9:00 AM Spin & Sculpt	9:00 AM Dance Yoga**	9:45 AM Sculpt & Burn
		5:00 PM Sunset Yoga**	5:00 PM Sunset Yoga	5:00 PM Sunset Yoga**		

Private Personal Training, yoga, pilates sessions and wellness memberships are available.

Ask the Nalu Concierge for more info or call us at 808.447.6868.

NALU SPA

AT TURTLE BAY