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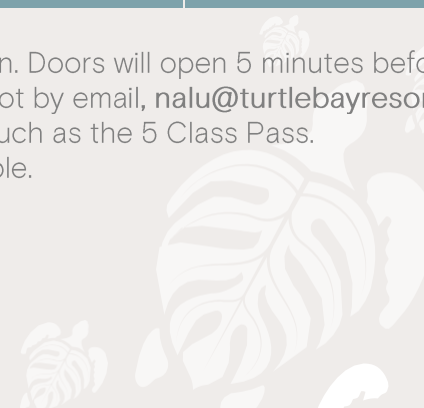
MAY 2022 WELLNESS CLASSES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY
9:00 AM Rise & Shine Yoga**	8:30 & 9:30 AM Pilates Reformer	8:15AM Polynesian Dance Fitness**	8:30 & 9:30 AM Pilates Reformer	8:30 & 9:30 AM Pilates Reformer	8:00 AM Yoga Sculpt	8:30 AM Pilates Reformer
8:30 & 9:30 AM Pilates Reformer (Canceled on 05/01)	8:30 AM Trails & Flow	8:30 & 9:30 AM Pilates Reformer	9:00 AM Kali Flow**	9:00 AM Spin	8:30 & 9:30 AM Pilates Reformer	9:30 AM Mat Pilates**
	9:30 AM Barre	9:30 AM Yoga Sculpt	9:00 AM Beach HIIT	10:00 AM Vinyasa	9:00 AM Goddess Yoga**	
	10:30 AM Vinyasa **		10:00 AM Vinyasa	5:00 PM Sunset Yoga**		
	5:00 PM Cardio HIIT		5:00 PM Spin & Sculpt			

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. Reserve your spot by email, nalu@turtlebayresort.com See the Nalu Fitness Center concierge about any current promotions, such as the 5 Class Pass. Private Personal Training, yoga, and Pilates Reformer session are available. Ask the Nalu Concierge for more info or call us at 808.447.6870

NALU SPA
AT TURTLE BAY



Barre

Sofia / Irma

Pilates and Ballet moves give you beautiful, sculpted, long, lean muscles to improve posture, alignment and tone. Using your body weight for resistance, this class will challenge your core, stability and balance.

Beach HIIT

Riley

Enjoy the epic outdoor views while getting in a great sweat first thing in the morning! This beachside H.I.I.T class focuses on body weight strength-training circuits. You give allout, 100% effort through quick, intense bursts of exercises, followed by short recovery periods. This will keep your heart rate up, build endurance, improve emotional regulation, and increase your overall athletic performance.

Cardio HIIT

Nicole

Workout more efficiently with bodyweight exercises, HIIT forces your body to perform at high intensity for shorter durations. Push your pace out of your comfort zone!

Goddess Yoga

Vivi

is inspired on the Hawaiian Goddess of the Volcanoes - Pele. A mix of asanas and sacred dance to ignite one's feminine power.

Hiva Fitness (Polynesian Dance)

Siona / Penny / Melanie

Beautiful yet challenging Tahitian inspired dance. A cultural fitness experience that will surely be memorable.

Kali Flow

Vivi

a high intensity yoga class that incorporates weights, with an emphasis on muscle building, strength and cardio on for a maximum calorie-burning effect.

Pilates Reformer

Jessica / Ana

Mind Body - Core Strength - Core Stability Rhythmic, flowing sets of movements. Increase strength, flexibility and stamina while improving alignment, balance, toning.

Spin

Kiele

High intensity cycling workout to build endurance, stamina, and your lower body. Pace yourself or let our instructors take you to new levels.

Spin & Sculpt

Kiele & Nicole

A full-body workout that incorporates a fusion of low impact Pilates-inspired exercises to tone, lengthen and strengthen the body, as well as cardio movements that lift your energy and make you sweat. Throughout class find yourself rotating on spin bikes to increase heart rate and benefit from cardio intervals.

Sunset Yoga

Katy / Riley

Rejuvenate body and mind on the Turtle Bay shoreline. Listen to waves, feel the ocean breeze, and watch palms sway as tension melts away. Rain or shine. Meet at Fitness Center.

Trails & Flow

Katy / Vivi

Awaken your senses in nature running the beautiful trails of Turtle Bay. Start up your cardio session with a yoga flow, to stretch, strengthen, and anchor into your breath.
[80min class]

Vinyasa Flow

Vivi / Tulika

Linking breath to movement. Purposeful posture with intention to prepare you for the next pose. Get out of your mind and into your body.

Yoga Sculpt

Kiele / Riley

Designed to tone and sculpt every major muscle group. Fitness principles compliment yoga practice while boosting metabolism and pushing strength and flexibility.

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