

# JUNE 2022

# WELLNESS CLASSES

Scan QR code for  
more information on  
Nalu Spa



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

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY
<b>8:30 AM</b> Pilates Reformer	<b>8:30 AM</b> Pilates Reformer	<b>8:15AM</b> Polynesian Dance Fitness**	<b>8:30 AM</b> Pilates Reformer	<b>8:30 AM</b> Pilates Reformer	<b>8:00 AM</b> Yoga Sculpt	<b>8:30 AM</b> Pilates Reformer
<b>9:00 AM</b> Rise & Shine Yoga**	<b>9:30 AM</b> Barre**	<b>8:30 AM</b> Pilates Reformer	<b>9:00 AM</b> Beach HIIT**	<b>9:00 AM</b> Spin	<b>8:30 AM</b> Pilates Reformer	<b>9:30 AM</b> Barre
<b>9:30 AM</b> Pilates Reformer	<b>9:30 AM</b> Pilates Reformer	<b>9:30 AM</b> Yoga Sculpt	<b>9:30 AM</b> Pilates Reformer	<b>9:30 AM</b> Pilates Reformer	<b>9:00 AM</b> Cardio HIIT	<b>5:30 PM</b> Sunset Yoga**
	<b>10:30 AM</b> Aloha Yoga	<b>9:30 AM</b> Pilates Reformer	<b>5:00 PM</b> Spin & Sculpt	<b>10:00 AM</b> Aloha Yoga**	<b>9:30 AM</b> Pilates Reformer	
	<b>5:00 PM</b> Sculp & Burn			<b>5:30 PM</b> Sunset Yoga	<b>5:30 PM</b> Sunset Yoga**	

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](mailto: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

### **Aloha Yoga**

*Tulika*

Refresh, Reset, and Feel the Spirit of Aloha with this all-levels Vinyasa Flow class. Strengthen your body, build your core, increase flexibility, and reduce stress as you flow through each asana.

### **Barre**

*Sofia / Irma / Leigh*

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.

### **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!

### **Beach HIIT**

*Riley / Nicole*

This beachside H.I.I.T class focuses on body weight strength-training circuits. This will keep your heart rate up, build endurance, improve emotional regulation, and increase your overall athletic performance. Enjoy the epic outdoor views while working up a sweat

### **Hiva Fitness (Polynesian Dance)**

*Siona / Penny / Melanie*

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

### **Pilates Reformer**

*Jessica / Ana / Leigh*

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

### **Rise & Shine Yoga**

*Riley / Nicole*

Start your day with this uplifting and rejuvenating core-based yoga class. Let the sun's rays infuse you with positive energy.

### **Sculpt & Burn**

*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.

### **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*

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!

### **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.