

Scan QR Code
for more
information on
NALU SPA



DECEMBER 2022 WELLNESS CLASSES

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

Please arrive to the fitness center 10 minutes prior to class to ensure enough time to check in.

Spin, Pilates Reformer, and Barre have limited availability. Class reservations are highly recommended. Email nalu@turtlebayresort.com to book!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM Mat Pilates **	7:00 & 8:00 AM Pilates Reformer	7:00 & 8:00 AM Pilates Reformer	7:00 & 8:00 AM Pilates Reformer	7:00 & 8:00 AM Pilates Reformer	7:00 & 8:00 AM Pilates Reformer	7:30AM Barre**
8:30 & 9:30 AM Pilates Reformer	8:30 AM Beach Fitness	9:00 AM HIVA - Polynesian Dance Fitness	8:30 AM Beach Fitness**	9:00 AM Nalu Spin	9:00 AM Yoga Sculpt	8:30 & 9:30 AM Pilates Reformer
9:00 AM Ocean Yoga Flow	9:00 AM Ocean Yoga Flow	10:00 AM Yoga Sculpt**	9:00 AM Restorative Yoga	10:00 AM Aloha Yoga	10:00 AM Vinyasa Flow	
10:00 AM Burn Out	9:00 AM Barre	4:00 PM Pilates Reformer	4:30 PM Spin & Sculpt	4:30 PM Sculpt & Burn **	4:00 PM HIIT**	
	10:00 AM Burn Out **			5:00 PM Sunset Yoga	5:00 PM Sunset Yoga	
	4:00 PM Pilates Reformer					

Class cancellations must be done 2hours prior to class to avoid any no-show fees.

Private group or Personal Training, Yoga, and Pilates session are available.

Special 5-Class Pass rates available for Resort and Kama'aina Guests.

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.

Beach Fitness

Lindsay / Lauren

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

Burn Out

Vivi

A high intensity combination muscle building and cardio exercises, for a maximum calorie-burning workout.

H.I.I.T

Lindsay / Lauren

Cardiovascular, strength, and endurance is all enhanced with Interval training and your WILL to not stop. Show us what you got!
(Designed for all levels)

Hiva Fitness

(Polynesian Dance)

Penny / Melanie / Crystal

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.

Restorative Yoga

Bree / Vivi

Allow your body to melt into more passively held stretches. Moving mindfully from one pose to the next you will feel the natural progression of the practice from beginning to end.

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.

Mat Pilates

Jessica / Ana / Leigh

This class utilizes your own body weight to challenge the muscles using the Pilates method. You'll learn how to find your alignment and progress through exercises that activate your core and challenge your entire body.

Nalu Spin

Kiele / Nicole

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

Ocean Flow Yoga

Vivi

An easy Vinyasa flow yoga class, inspired by the movement of the ocean for all levels of yogis to join.

Spin & Sculpt

Kiele / Nicole

Increase your heart rate and benefit from cardio intervals. Throughout class find yourself rotating on spin bikes from a sculpt workout to tone, lengthen and increase flexibility from head-to-toe.

Sunset Yoga

Katy / Vivi

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!

Vinyasa Flow

Vivi

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 / Bree / Vivi

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

NALU SPA

AT TURTLE BAY