

NOVEMBER 2022 WELLNESS CLASSES

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NALU SPA



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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI DAY | SATURDAY |
|-------------------------------------|--|--|------------------------------------|---|------------------------------------|-------------------------------------|
| 8:30 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 | 8:30 AM Barre** |
| 9:30 & 10:30 AM Pilates Reformer | 8:30 AM Beach Fitness | 9:00 AM HIVA -Polynesian Dance Fitness | 8:30 AM Beach Fitness** | 8:00 AM Rise & Shine Yoga** | 9:00 AM Yoga Sculpt | 9:30 & 10:30 AM Pilates Reformer |
| | 9:00 AM Ocean Yoga Flow** | 10:00 AM Yoga Sculpt** | 9:00 AM Yoga Sculpt | 9:00 AM Nalu Spin | 4:00 PM H.I.I.T** | |
| | 9:00 AM Barre | 4:00 PM Pilates Reformer [Canceled on 11/15] | 10:00 AM Restorative Yoga | 10:00 AM Aloha Yoga | 5:00 PM Sunset Yoga | |
| | 4:00 PM Pilates Reformer [Canceled on 11/14] | | 5:00 PM Spin & Sculpt | 5:00 PM Sculpt & Burn [Canceled on 11/24] | | |
| | | | | 5:00 PM Sunset Yoga [Canceled on 11/24] | | |

Please check-in at the Fitness Center desk 10 minutes prior to class start time.
Nalu Spin, Spin & Sculpt, Pilates Reformer, and Barre are limited availability.
Private Personal Training, yoga, and Pilates Reformer session are available.

808.447.6870 • NALU@TURTLEBAYRESORT.COM

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.

H.I.I.T Circuit

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

Rise & Shine Yoga

Riley

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.

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!

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.

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