

MARCH 2023

FITNESS CLASSES

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NALU SPA



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

All classes must be pre-booked and paid for prior to class attendance, Reserve your spot by email, nalu@turtlebayresort.com Please arrive 10 minutes prior to class to ensure enough time to check in.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY
7:30AM Mat Pilates **	7:00 & 8:00AM Pilates Reformer	7:00 & 8:00AM Pilates Reformer	7:00 & 8:00AM Pilates Reformer	7:00 & 8:00AM Pilates Reformer	7:00 & 8:00AM Pilates Reformer	7:30AM Barre**
8:30 & 9:30AM Pilates Reformer	9:00AM Barre	9:00AM HIVA- Polynesian Dance Fitness	9:00AM HIGH Fit**	9:00AM Nalu Spin	9:00AM Nalu Spin	8:30AM Pilates Reformer
	10:00AM Burn Out**	10:00AM Yoga Sculpt**	10:00AM Barre	10:00AM Ocean Yoga**	10:00AM Yoga Sculpt**	9:30AM Spin
			4:30 PM Spin			
			5:30PM Circuits		5:00PM Sunset Yoga	

Private Personal Training, Yoga, and Pilates session are available. Ask the Nalu Concierge for more info or call us at **808.447.6870**. Special 5-Class Pass rates available for Resort and Kama'āina Guests!

NALU SPA
AT TURTLE BAY

HIGH Fit

High Fit is a ZERO equipment full body workout that can improve your overall endurance, strength and cardiovascular health. Lean into the burn and have a blast!

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.

Burn Out

Vivi

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

Circuits

Crystal / 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.

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/ Crystal/ Larisa

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.

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