

# MAY 2023 FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am Yoga Flow**	7:00am Nalu Spin	7am & 8am Pilates Reformer	8:00am HIGH Fit**	7am & 8am Pilates Reformer	7:00am Yoga Sculpt	7:30am Barre**
8:30am Yoga Sculpt	8:00am HIGH Fit	9:00am Hiva	9:00am Barre	9:00am Nalu Spin	8:00am Fierce 45	8:30am Pilates Reformer
	9:00am Barre	Polynesian Dance Fitness**	10:00am Yoga Sculpt	9:00am Ocean Yoga	9:00am Nalu Spin	9:30am Nalu Spin
	10:00am Burn Out**	10:00am Yoga Sculpt	5:00pm Nalu Spin	5:00pm** Yoga Flow	10:00am Yoga Sculpt**	10:30am Yoga Flow
					5:00pm Sunset Yoga	

## \*\*Complimentary Classes for Resort Guests

All classes must be pre-booked and paid for prior to class attendance; reserve your spot by email: [nalu@turtlebayresort.com](mailto:nalu@turtlebayresort.com)  
Please arrive 10 minutes prior to class to ensure enough time to check in.

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!

Scan QR Code  
for more  
information on  
NALU SPA



### **Barre**

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**

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

### **Fierce 45**

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)

### **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!

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

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

### **Sunset Yoga**

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!

### **Pilates Reformer**

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

### **Restorative Yoga**

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.

### **Yoga Flow**

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

### **Nalu Spin**

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

### **Yoga Sculpt**

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

### **Ocean Flow Yoga**

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

**NALU SPA**

AT TURTLE BAY

