MAY 2023 FITNESS CLASSES

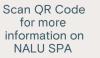


AT TURTLE BAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am	7:00am	7am & 8am	8:00am	7am & 8am	7:00am	7:30am
Yoga Flow**	Nalu Spin	Pilates Reformer	HIGH Fit**	Pilates Reformer	Yoga Sculpt	Barre**
8:30am	8:00am		9:00am		8:00am	8:30am
Yoga Sculpt	HIGH Fit	9:00am Hiva	Barre	9:00am Nalu Spin	Fierce 45	Pilates Reformer
	9:00am	Polynesian	10:00am		9:00am	
	Barre	Dance Fitness**	Yoga Sculpt	9:00am Ocean Yoga	Nalu Spin	9:30am Nalu Spin
	10:00am	10:00am			10:00am	
	Burn Out**	Yoga Sculpt			Yoga Sculpt**	10:30am
			5:00pm Nalu Spin			Yoga Flov
				5:00pm**	5:00pm	
				Yoga Flow	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 Please arrive 10 minutes prior to class to ensure enough time to check in.





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.



