

# NALU SPA

AT TURTLE BAY RESORT

# October Wellness

## Complimentary Classes for Resort Guests

*Check-in at Movement Studio*

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- Sunday: 7:30am Restorative Yoga
  - Monday: 11:00am Capoeira
  - Tuesday: 10:00am Arms, Abs & Booty
  - Wednesday: 8:00am Dance Cardio
  - Thursday: 10:00am Vinyasa Flow
  - Friday: 5:30pm Sunset Yoga
  - Saturday: 9:30am Spin

## Pilates Reformer Classes (Please Book in Advance)

*Pilates Reformer Studio*

*\$40 per student. Limited to 5 students per class.*

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- Monday–Friday:  
7:30am & 8:30am
  - Saturday & Sunday:  
8:00am & 9:00am

## Special Wellness Classes Happening This Month

*Spa Gardens or Movement Studio*

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- Full Moon Crystal Bathing:  
Yoga Class with Crystal  
Healing & Meditation  
October 28th at 6pm  
Hunter's Moon

## Fitness & Training

*We are happy to provide private and group training for our guests and members. Private Group, Personal Training, Yoga, and Pilates sessions are available. For any inquiries, reservations, or private sessions, please call us at 808.447.6870 or email us at [Nalu@turtlebayresort.com](mailto:Nalu@turtlebayresort.com)*

## Spa Special

*Nalu Spa wants to complete your wellness journey. Enroll in any fitness class and receive 10% off any Spa treatment for the month of September.*



# October 2023

## Fitness Classes

NALU SPA

AT TURTLE BAY RESORT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am Restorative Yoga*	8:00am Ocean Yoga Flow & HIIT	8:00am Beachside Breath & Spin	8:00am Ocean Yoga Flow & Dance Cardio*	7:00am Dynamic Vinyasa	7:00am Slow Burn	8:30am Ocean Yoga Flow
8:30am Dynamic Vinyasa	9:00am Barre	9:00am Yoga Sculpt	9:00am Barre	8:00am Beachside Breath	8:00am Ocean Yoga Flow & Spin	9:30am Nalu Spin*
9:30am Guided Meditation**	10:00am Yoga Sculpt	10:00am Arms, Abs & Booty*	10:00am Arms, Abs & Booty	9:00am Nalu Spin	9:00am Yoga Sculpt	10:30am Dynamic Vinyasa Flow
	11:00am Capoeira*			10:00am Vinyasa Flow*	10:00am Arms, Abs & Booty	
					5:30pm Sunset Yoga*	

*Classes are \$25 for Resort Guests and Kama'āina.*

*Classes with (\*) are complimentary for Resort Guests.*

*Classes with (\*\*) are \$35 for Resort Guests and Kama'āina.*

Please meet at our movement studio on the lobby level 10-minutes prior to class to ensure enough time to check in.



Scan for more  
information on  
NALU SPA