

NALU SPA

AT TURTLE BAY RESORT

September Wellness

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 7:30am Restorative Yoga
- Monday: 7:00am Spin
- Tuesday: 10:00am Burn out
- Wednesday: 8:00am High Fit
- Thursday: 7:00am Ocean Yoga
- Friday: 9:00am Yoga Sculpt
- Saturday: 7:30am Fierce45

Pilates Reformer Classes (Please Book in Advance)

Pilates Reformer Studio

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

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

Special Wellness Classes Happening This Month

Spa Gardens or Movement Studio

- Full Moon Crystal Bathing:
Yoga Class with Crystal
Healing & Meditation
September 29th at 7pm
Harvest 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

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.



September 2023

Fitness Classes

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am Restorative Yoga*	7:00am Nalu Spin*	7:00am HIIT	8:00am HIGH Fit* & Beachside Breath	7:00am Ocean Yoga*	7:00am Nalu Spin	7:30am Fierce 45*
8:30am Dynamic Vinyasa	8:00am HIGH Fit	8:00am Nalu Spin & Ocean Yoga	9:00am Barre	8:00am Dynamic Vinyasa	8:00am Beachside Breath	8:30am Ocean Yoga & Arms, Abs & Booty
9:30am Guided Meditation**	9:00am Barre & Ocean Yoga	9:00am Yoga Sculpt	10:00am Arms, Abs & Booty	9:00am Nalu Spin	9:00am Yoga Sculpt*	9:30am Nalu Spin
	10:00am Yoga Sculpt	10:00am Burn Out*		6:00pm Restorative Yoga	10:00am Arms, Abs & Booty	
					6:15pm 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