

# NALU SPA

AT TURTLE BAY RESORT

# November Wellness

## Complimentary Classes for Resort Guests

*Check-in at Movement Studio*

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- Sunday: 9:30am Restorative Yoga
- Monday: 7:30am HIIT
- Tuesday: 4:30pm Sleep Yoga
- Wednesday: 8:30am Sculpt
- Thursday: 4:30pm Sleep Yoga
- Friday: 7:30am Slow Burn
- Saturday: 10:30am Dynamic Yoga

## Pilates Reformer Classes (Please Book in Advance)

*Pilates Reformer Studio*

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

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- 8am and 9am classes available on Sunday, Monday, Tuesday, Thursday, Friday and Saturday
- Pilates privates only on Wednesdays

## 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  
November 27th at 6pm  
Beaver 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

*Ask your instructor for their favorite spa service and enjoy a 10% discount!  
Please present referral card at time of appointment to redeem benefit.*



# November 2023

## Fitness Classes

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am Sunrise Meditation**	7:30am HIIT	7:30am Beachside Breath	7:30am HIIT	7:30am Dynamic Vinyasa Flow	7:30am Slow Burn	7:30am Nalu Spin
8:30am Dynamic Vinyasa Flow	8:30am Yoga Sculpt	8:30am Nalu Spin	8:30am Yoga Sculpt	8:30am Beachside Breath	8:30am Ocean Yoga	8:30am Ocean Yoga
9:30am Restorative Yoga	9:30am Barre	9:30am Yoga Sculpt	9:30am Dynamic Vinyasa Flow	9:30am Nalu Spin	9:30am Yoga Sculpt	9:30am Yoga Sculpt
	10:30am Beachside Breath	10:30am Arms, Abs, & Booty	10:30am Arms, Abs, & Booty	10:30am Yoga Sculpt	10:30am Arms, Abs, & Booty	10:30am Dynamic Vinyasa Flow
	11:30am Dynamic Vinyasa Flow	4:30pm Sleep Yoga		4:30pm Sleep Yoga	11:30am Nalu Spin	
					5:30pm Sunset Yoga	

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

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



Scan for more  
information on  
NALU SPA

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