

NALU SPA

AT TURTLE BAY RESORT

February Wellness

Nalu Spa Operating Hours & Spa Special

Monday thru Thursday 9am - 6pm

Friday thru Saturday 8am - 7pm

Sundays 8am - 6pm

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

• Elevator to Spa is Located next to the Fitness Center

Complimentary Classes for Resort Guests

Check-in at Movement Studio

-
- Sunday: 9:30am Restorative Yoga
 - Monday: 10:30am Vinyasa Flow
 - Tuesday: 4:30pm Sleep Yoga
 - Wednesday: 9:30am Ocean Yoga
 - Thursday: 10:30am Balance by Breath
 - Friday: 9:30am Ocean Yoga
 - Saturday: 10:30am Sound Bowl

Special Wellness Classes Happening This Month

Check-In at Spa

-
- New Moon Movement and Meditation: Gentle flow with Sound Bowls on February 9th at 5:30pm
 - Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation Snow Moon on February 24th at 6:00pm

Fitness & Training

We are happy to provide private and group training for our guests and wellness members. Private Group, Personal Training, Yoga, and Pilates sessions are available. For any inquiries, reservations, or private sessions, please call us at 808.447.6868 or email us at Nalu@TurtleBayResort.com

Passes and Memberships

Ask our fitness attendant about our bundles and passes to save money on fitness! Depending on your need, we have options from 5 Class Pass or Week Gym Pass, to our Wellness Membership, which includes all classes plus discounts.



February Fitness Classes

NALU SPA

AT TURTLE BAY RESORT

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

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Pilates Reformer	8:30am 9:30am	7:30am 8:30am	7:30am 8:30am	-	7:30am 8:30am	7:30am 8:30am	8:30am 9:30am
6:30am	-	-	-	Nalu Spin	-	-	-
7:30am	Arms, Abs, & Booty	HIIT	Restorative Yoga	HIIT	Restorative Yoga	Slow Burn	Barre
8:30am	Vinyasa Flow	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Vinyasa Flow	Nalu Spin	Nalu Spin
9:30am	<u>Restorative Yoga</u>	Barre	Strength & Stretch	<u>Ocean Yoga</u>	Nalu Spin	<u>Ocean Yoga</u>	Yoga Sculpt
10:30am	-	<u>Vinyasa Flow</u>	Arms, Abs, & Booty	Arms, Abs, & Booty	<u>Balance by Breath</u>	Arms, Abs, & Booty	<u>Sound Bowl</u>
11:30am	-	-	-	-	-	-	Kids Yoga*
4:30pm	-	-	<u>Sleep Yoga</u>	Kids Yoga*	Sleep Yoga	Sound Bowl	-

Below pricing is for Kama'aina and Resort Guests:

- Pilates classes are \$40, and take place in our Pilates Studio
- Group classes are \$25, and take place in our Movement Studio
- Underlined classes are complimentary for resort guests
- *Kids Yoga is free for keiki under 18 and \$25 for accompanying adults



Scan for more information on NALU SPA